



Councillor Anne Mahoney
Candidate For Mayor - Page 3



Lt. Mark Kennedy To Be Appointed
Next Police Chief - Page 46

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CONGRATULATIONS, CLASS OF '23

- Quincy High School Graduates, North Quincy High School: Pages 6,7 •
- Scholarships Page 8 • 2023 Valedictorian, Salutatorian, Class Officers Below •



CHRISTIANA NGUYEN
Valedictorian
Quincy High School Class of 2023



CAROLINE TRACEY
Salutatorian
Quincy High School Class of 2023



DOMINIQUE DANG
Valedictorian
North Quincy High School Class of 2023



KAITLYN VU
Salutatorian and Vice President
North Quincy High School Class of 2023



DEEKSHITA MADHALAM
Class President
Quincy High School Class of 2023



AMBER DOYLE
Class Vice President
Quincy High School Class of 2023



TIFFANY LE
Class Treasurer
Quincy High School Class of 2023



KLOEE GORA
Class Secretary
Quincy High School Class of 2023



OLIVIA BAILEY
Class President
North Quincy High School Class of 2023



NICHOLAS ENBAR-SALO
Class Treasurer
North Quincy High School Class of 2023



MAYA EGAN
Class Secretary
North Quincy High School Class of 2023



More QHS, NQHS Graduation
Coverage June 15th Issue



Rich Kennedy: Hope, Progress For ALS Cure - Page 4
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Police Chief Paul Keenan Retiring - Page 22

More Quincy news:
The Quincy Sun.com

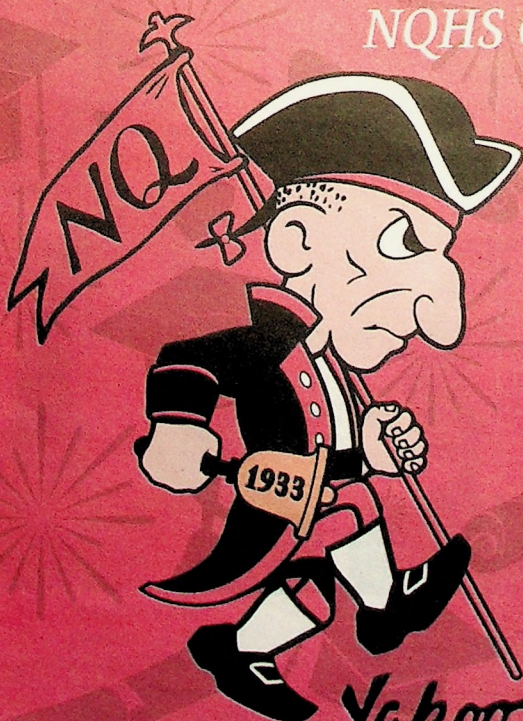


Congratulations

graduates

CLASS OF 2023

Mayor Tom & Christine Koch
NQHS Class of 1981



Yakoo™

Councillor Anne Mahoney Announces Candidacy For Mayor

City Councillor Anne Mahoney announces she is a candidate for mayor of Quincy.

The text of her campaign announcement is as follows:

During her time in public service, Mahoney has stood up to excessive and wasteful spending and fought against overdevelopment that hurts our neighborhoods. She has been a fierce advocate for our public schools. She has demanded better transportation services, including better roads, traffic relief, and a more reliable MBTA. She is focused on attracting smart development that preserves our quality of life and ensures Quincy remains an affordable place to live and raise a family.

Now, she is running for mayor to tackle these persistent issues that Quincy residents face every day and to ensure Quincy is a place where all in our community can thrive.

"It is clear to me that to overcome these persistent issues, we need leadership in the executive office that is tireless and

focused on the people we serve, and that is why I am running for mayor," Mahoney said. "I am proud to be a lifelong Quincy resident and I believe together we can keep Quincy on the right track and secure a bright future for the next generation."

Anne Mahoney currently serves as an at-large councillor since 2018. Prior, she served on the Quincy School Committee. Mahoney is a lifelong Quincy resident, former small business owner, and marketing strategist. She lives in West Quincy with her husband Kevin. They have three children who all graduated from Quincy Public Schools. Mahoney holds a finance degree from Suffolk University.

Mahoney will be holding a kickoff event on Thursday, June 22nd from 6 to 8 p.m. at the Sons of Italy on 120 Quarry St., Quincy, MA. To learn more about her campaign and vision for Quincy, visit votemahoney.com.



ANNE MAHONEY

Quincy-Based Compass Medical Abruptly Closes Facilities

By SCOTT JACKSON

Compass Medical, a Quincy-based provider of primary and urgent care, shuttered all its facilities Massachusetts without warning last week.

The company, which operated throughout southeastern Massachusetts, closed on May 31.

"It is with our deepest regret and great sadness to

inform you of our imminent plan to close our practices," Compass said in a statement on its website. "After a steady stream of challenges, we were ultimately forced to make the devastating decision to close all offices of Compass Medical PC effective immediately. There is no good way to share this news. We are heartbroken and truly sorry as we know

the unprecedented impact on our valued patients.

"Please be advised that more information will be shared as it becomes available on our website. We will be adding information about how you can continue your care with your primary provider as we receive it. Please check our website regularly."

A class-action lawsuit was filed against the com-

pany on June 2 by Milton-based Keches Law Group on behalf of Richard Callanan, a resident of Abington, and all of Compass' patients.

The lawsuit alleges that Compass knew or should have known about the May 31 closure months ahead of time but chose not to alert patients. This immediately cut patients off from their health care providers, the lawsuit claims, and also

denied patients the opportunity to find a new provider before the closure.

The lawsuit further alleges that, at the time of the May 31 shutdown, Compass did not inform its patients about how to find a new provider, continue treatment, fill or refill prescriptions, or access medical records.

"As a result, Compass has knowingly placed [its former patients] in the cha-

otic, stressful, disruptive, and unsafe position of having to scramble to find new medical providers, to fill and/or refill prescriptions, to schedule and/or reschedule important medical tests and appointments, to seek outside referrals, and/or to delay medical care," the lawsuit states.

"In doing so, Compass violated generally accept-

Cont'd On Page 21

2 NQHS Graduates Awarded Squantum School Scholarships

The Squantum School PTO Scholarships were recently awarded to North Quincy High School 2023 graduates Ella Gates and Nicholas Enbar-Salo.

The Squantum PTO Scholarships are provided by the Squantum PTO to graduating seniors who attended Squantum School.

The Virginia Marie Whalen Memorial Scholarship

was awarded to Mary Beth Smith, graduating from North Quincy High School. The Virginia Marie Whalen Memorial Scholarship is awarded to a graduating senior who attended Squantum School. John Whalen donates this in memory of his loving wife who worked as a lunch matron at Squantum School for 30 years.

'Wild About Harry' At Crane Library June 17

There will be a special free screening of "Wild About Harry" at the Thomas Crane Library on Saturday, June 17th at 2 p.m. directed by Gwen Wynne.

The story of the film is inspired by her life growing up on Cape Cod with two dads in the 1970s. This Pride Event will also include a book-signing of "A Golden Retriever & His Two Dads: An Adventure on Cape Cod" by Dan Perdios, a local Pen Grant Award winning author/journalist who grew up in Quincy. Perdios has been a gay activist since age 19 when he ran away from home because he was not accepted by his parents. His political activism began when he worked for Harvey Milks' winning campaign in 1977. During the AIDS epidemic he was a vocal member of ACT-UP.

After the screening Perdios will be talking about his newest book, "A Golden Retriever & His Two Dads - An Adventure on Cape Cod" which chronicles the making of the film. Also is attendance will be award-winning filmmaker, James Egan, who produced the movie and who will participate in the discussion.

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Moments in time

THE HISTORY CHANNEL

• On June 19, 1968, 50,000 people participated in The Poor People's March, organized by Martin Luther King Jr. and the Southern Christian Leadership Conference, to address economic justice. The campaign culminated in Washington, D.C., to demand aid for America's most impoverished communities and focused not just on Blacks, but all minorities.

• On June 20, 1947, gangster Benjamin "Bugsy" Siegel was murdered at the Beverly Hills, California, mansion of his girlfriend, Virginia Hill, while reading the evening newspaper. Though the case has never officially been solved, one theory holds that Siegel died by order of mob associates disgruntled about the soaring costs of his pet project, the Flamingo resort in Las Vegas.

• On June 21, 2006, two recently discovered moons orbiting Pluto were named Nix, after the Greek goddess of darkness and night, and Hydra, after a mythological, multi-headed serpent defeated by Hercules. The moons had initially been spotted by the Hubble Space Telescope a year earlier.

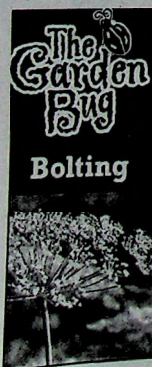
• On June 22, 1940, the first Dairy Queen restaurant opened on historic Route 66 in Joliet, Illinois. While frozen sweet treats are, sadly, no longer served at the site (especially at their original prices of 5 cents for a cone and 8 cents for a sundae), it remains a local landmark.

• On June 23, 1951, a hailstorm in El Dorado, Kansas, dropped over 12 inches of ice and caused \$1.5 million in crop damage, with another stunning \$14 million in property damage.

• On June 24, 1916, Mary Pickford (born Gladys Marie Smith), affectionately known as "America's Sweetheart" during the silent-film era, became the first female actress to be offered a million-dollar contract, which also allowed her the freedom to choose the movies she would star in.

• On June 25, 1978, the rainbow flag was flown for the first time at the San Francisco Gay Freedom Day Parade. Previously, gay pride had been represented by a pink triangle, but as that symbol was used during the Holocaust to identify homosexuals, people wanted a more positive image.

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"Bolting" is when plants begin to flower and set seed; this is the end of the harvesting period. To prevent it from happening, cut off the flowers from plants such as bok choy, beet leaves, chard, parsley, and basil; these plants will continue to produce leaves that taste great and are no different from the leaves before the plant flowered. It is a good idea to cut off the flowering stems in order to focus the plant on leafy growth rather than its reproductive cycle; if you do so, the leaves you can continue to harvest will largely be unaffected.

Brenda Weaver
Source: www.treehugger.com

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Son Beams

By ROBERT BOSWORTH

Rich Kennedy: Embodying The Hope And Progress For ALS Cure

Hope and progress.
Two words that may not come to mind when you hear ALS.

But they should.

Just ask Rich Kennedy, a 63-year-old Quincy native who in 2016 was diagnosed with ALS (amyotrophic lateral sclerosis), a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord. Seven years later Rich embodies the hope and progress for ALS patients that someday this cruel disease will be cured.

For starters, he ran and finished the Boston Marathon in 2022. He's biked 40 miles in a day. And he continues to be one of the region's most renown activists for raising much needed research dollars for ALS.

He'll be back at it on Saturday, June 10 at the 25th annual Jimmy Kennedy Memorial Run for ALS, (Squirrel Run XXV), a 5-mile run, 2.5-mile fitness walk and family fun day at Pageant Field, Merrymount Parkway in Quincy. Rich Kennedy helped establish The Angel Fund in memory of his brother Jimmy who lost his courageous battle with ALS, better known as Lou Gehrig's Disease, in 1997 at the age of 31.

Proceeds from the Squirrel Run benefit The Angel Fund, a nonprofit organization dedicated to funding ALS research at UMass Medical School in Worcester. To date, events and activities for the Angel Fund have raised more than \$20 million for ALS research.

Rich will be there at the race, thanking the hundreds of runners and walkers for their fundraising efforts. The race has become a reunion of sorts held on the second Saturday in June.

"The race started 26 years ago but we missed one year due to COVID," Rich says. "We are back and hopefully bigger and better than ever. Typically we have had about 350 to 400 runners and at least that many walkers. The same people show up year after year after year. Some of the runners become walkers."

"Last year was our lowest since we started - probably some were a little shy due to COVID but we hope to have more back this year."

The Jimmy Kennedy Memorial Run has directly raised about three quarters of a million dollars. Indirectly it's raised so much more since it has help spawn other events in support of ALS.

One is the Harpoon Road Race which takes place in May. The event has raised more than \$3 million for ALS research.

Then, one week after the Kennedy Run is the Sharon Timlin Memorial 5K and Family Fun Day to Cure ALS in Hopkinton. Sharon Timlin, the mother of former Red Sox hurler Mike Timlin, died of ALS in 2002.

"Mike Timlin and the race have raised a ton of money for ALS and the Red Sox Foundation has also supported us," Rich says.

The Angel Fund is also supported by golf tournaments, walks, fashion shows and raffles.

"It has kept growing and growing and growing," Rich says. "I love to call it the Angel Fund family. We are all brought together with one common cause and these events which I thought would never take off have absolutely exploded. It's fantastic the number of folks who come back year after year, put on events year after year, comedy shows things like that. It's amazing. They know we are all dedicated to the cause. I take no money, the board takes no money, it all goes directly to research because we are all so dedicated to the same cause."

"We are getting there."

A focal point of the research takes place at UMass Medical School in Worcester led by Dr. Robert Brown. A renown neurologist, Dr. Brown and his laboratory have focused on the identification of gene defects that elucidate the molecular pathogenesis of selected neuromuscular diseases including amyotrophic lateral sclerosis (ALS), muscular dystrophy, adrenoleukodystrophy, hereditary neuropathy and hyperkalemic periodic paralysis.

Rich calls Dr. Brown "my hero."

"Dr. Brown was at Mass General for a long time but the amazing thing that happened is that one of the doctors (Dr. Craig Mello) at UMass Medical discovered something called RNA interference. Dr. Brown of course saw that have great implication potential for treating something like ALS,



RICH KENNEDY, a Quincy native, has been diagnosed with ALS in 2016. Seven years later Rich embodies the hope and progress for ALS patients that someday this cruel disease will be cured. "It's incredible how much has happened, how much has benefited me, how much is going on and how many more people are now involved with it," he says.

Quincy Sun Photo/Robert Bosworth

especially genetically laden ALS like mine was. . . A lot of experimentation is being done at UMass, different trials and things like that so it's great to see all of this taking place because again 10 years ago all this stuff was just a pipe dream.

"It's incredible how much has happened, how much has benefited me, how much is going on and how many more people are now involved with it. It's just incredible."

Rich Kennedy was diagnosed with the most common form of genetic ALS: C9ORF72. Genetic ALS comprises 10 percent of ALS cases; the remaining 90 percent are sporadic.

Rich Kennedy's father, Christopher Kennedy, died of ALS in 1989. He was a longtime member of the Quincy School Committee and a dean at Northeastern University. Five years later, his brother Jimmy died of ALS. In 2020, another brother, Jake, passed away from the disease. Jake and Rich were co-founders of Kennedy Brothers, a sports medicine rehabilitation center.

Rich was out running training for the Boston Marathon in March of 2016 when his left leg "absolutely quit on me." He was eight miles into his run and had to walk back home.

"I knew exactly what it was because of the family history," Rich recalled. The next day he went to see Dr. Brown. He examined Rich and drew blood but he already knew it was ALS.

"As a physical therapist I had been treating ALS patients for 15 years so I know so much about the disease. It came as no surprise to me."

Rich and his wife Wendy who live in Cohasset then travelled to see their four children to tell them in person about the ALS diagnosis.

"My kids absolutely stunned me how much they already knew about the disease," he said.

Soon, Rich sat down with Dr. Brown and went over about 50 studies to pinpoint treatment.

"He picked out a combination of drugs and said this is got the best shot. It's called Amylyx. I went on it. It is unbelievable. It was the perfect bridge to the rest of the treatment. It staves off the disease for a long time - it's not a cure but it definitely slows symptoms down. That kept me alive until we started going with something else."

Cont'd On Page 47

Scenes From Yesterday

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THIS POSTCARD was published in 1940 by the South Shore Buick Company to mark the opening of their new building on Adams Street in Quincy Square. Sleek looking new Buicks can be seen in the new showroom windows. Founded in 1923, the company was in business for 86 years when it closed in 2009. Buick's loss of market share and General Motors' consolidation of dealerships and brands such as Buick, Pontiac and GMC were fac-

tors in the South Shore Buick closing. A message on the back of the postcard claims that Buick outsold all other automobiles except the three lowest priced cars at the time. They were Chevrolet, Ford and Plymouth. When South Shore Buick closed, Buick's market share had slipped to 1% of U.S. auto sales. This site at 50 Adams St. is now home to a Planet Fitness.

From the Tom Galvin Postcard Collection

'Sightseeing Around Black's Creek' Walk Saturday

The Department of Natural Resources Environmental Treasures Program is offering a free walking tour Saturday, June 10 at 1 p.m. entitled "Sightseeing Around Black's Creek."

What happened at Maypole Park? How did Black's Creek get its name? Who was Captain Wollaston? On this sightseeing expedition these questions will be explored, in

addition to visiting the site of perhaps the most important archaeological find in Massachusetts in the last 100 years.

The tour is approximately 2 miles and includes a shaded walk along a little known trail next to Black's Creek. Space is limited and registration is required by sending an email expressing interest to sowen@quincyma.gov. Meeting place and details will be provided upon registration.

Wollaston Garden Club Awards Five Scholarships To Quincy Seniors

The Wollaston Garden Club granted scholarships to Quincy seniors who are planning to continue their education in the field of gardening, horticulture or environmental science or who have contributed to our community in the protection and conservation of our environment.

Recipients are:

Quincy High School: Katherine Nguyen, an exceptional student who has brought her enthusiasm and business acumen to the school's green team. She has also taken a lead role in bringing composting to QHS.

North Quincy High School, the scholarship was awarded to Maya Egan who will be studying environmental science and biology at Clark University.

Norfolk County Agricultural High School, the award went to Madelin Caggiano, a Quincy resident, who will be

studying in a related field.

This year the Garden Club lost a long-term member, Elaine McGrail who was involved in so many causes in our city and we were able to offer two additional scholarships in her memory.

At Quincy High school this scholarship was awarded to Ruby Levine who helped to reform and renew the Green Team in Spring 2020. She wanted a place in which students could advocate for their local environment. Ruby also started the work on the biodiesel project at the high school.

At North Quincy High School, the Elaine McGrail Memorial Scholarship was awarded to Mollie Nelson who will be studying environmental studies and journalism at Brandeis University.

READERS FORUM

Quincy Senior Olympics Gold Medal Effort

Once again Quincy's Parks and Recreation did an outstanding job with the project of putting on the "39th" annual Senior Olympics. Thanks go to Mayor Koch and his outstanding group at Parks and Recreation headed up by Michelle Hanley and her most able staff of Eileen Henry and Eric DeBoer to name a few.

Most impressive to me, was the work of the young men and women of the support group working the 28 separate events over the course of the month of May while dealing with, I believe, the largest number of competitors to date. Be-

ing open to anyone 55 or older is eligible to participate. Hats off to the city of Quincy.

Eddie Spring
Quincy
(Editor's note: Coverage

of the Senior Olympics will appear in the June 15th issue of The Quincy Sun.)

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Quincy's Yesterdays

This Week
1975
48 Years Ago

Pops Concert Friday, Koch Flag Day Parade Saturday

A two-day "Pre-Summerfest," sponsored by the Koch Club, began Friday, June 13 with an outdoor Pops concert and concluded Saturday, June 14 with the 27th annual Koch Club Flag Day Parade and Celebration.

The weekend events were planned to commemorate the 350th anniversary of the founding of Mount Wollaston and the 200th anniversary of the nation's birth.

Major General George S. Patton, commander of the Army Readiness Region One at Fort Devens, was the grand marshal in the Flag Day Parade.

Patton was the youngest of three children of World War II General George S. Patton, "old blood and guts," as he was known to the men he commanded.

The parade will conclude at Veterans' Memorial Stadium with a flag raising ceremony and brief program to end the festivities.

LEAGUE OF WOMEN VOTERS INSTALL NEW OFFICERS

The Quincy League of Women Voters elected new officers at a meeting held in Walsh's Restaurant, North Quincy. They included: Mrs. Janet Poole, 125 Winthrop Ave., Wollaston, president, Mrs. Chris Morrison, 18 Perkins St., West Quincy, first vice-president, Mrs. Sheila de Bettancourt, 85 Baxter Ave., Quincy Point, second vice-president, Mrs. Kathye Foster, 16 Bromfield St., Wollaston, treasurer, Mrs. Grace Ritam, 268 Harvard St., Wollaston, corresponding secretary and Mrs. James O'Brien, 260 Elmwood Ave., Wollaston, recording secretary.

QUINCYISMS

Miss Joan St. Angelo, daughter of Mr. and Mrs. James St. Angelo, 14 Sextant Circle, Germantown, was selected as a finalist in the 1975 Miss Massachusetts Teenager Pageant... Angelo Coletti and Jo Libertina were members of a committee planning the 30th anniversary of the Quincy High School Class of 1945... Howard Gunnison, Jr., Scholarship Chairman for the Quincy Kiwanis Club, announced six scholarship awards to high school graduates. They included: Maureen White, Deborah A. McFetridge, Catherine E. Hodgkins, Mark Moriarty, Heather Paulson and Karen E. Hewitt... Mayor Walter J. Hannon was scheduled to be the guest speaker at the June 18 meeting of the residents of 1000 Southern Artery... Four Quincy students were inducted into the Alpha Nu Omega Honor Society at Massasoit Community College. They included Dorothy A. Clark, Richard A. DaSilva, Michael O'Hanley and John P. Pedranti... The Quincy Sun's Sunbeams Column reported that Quincy activist and former elementary school teacher, Patricia Toland, was planning to announce her candidacy for the Quincy School Committee. (Editor's note: She won.)... A son was born to Ward Four Councilor James A. Sheets and his wife Joann Sheets. The baby, born at Quincy City Hospital, weighing in a 7lbs, 11oz, was named Luke Eric... Eight young people were confirmed at Bethany Congregational Church. They were: David L. Carr, Catherine Cassel, Edward W. Fenby, Jonathan B. Green, Timothy Hall, William D. Ross, Janice Siddens and Denise Van Dine... "Uncle Roy" of Roy's Flowers, said "To Change Your Flowers on One of Your Major Credit Cards by Phone"... Rinaldi's Bakery, 12 Beale St., Wollaston, was offering "Fresh Baked Italian and French Bread. Our Bakers are originally from the North End"... The State Banking Commission has approved the application of the Quincy Co-Operative Bank to open a branch at 1000 Southern Artery, Quincy Point... Attorney General Francis X. Bellotti was the guest speaker at the graduation ceremonies at Quincy Junior College. In his remarks, Bellotti noted: "The invasion of privacy may very well be the most important issue of the next 10 years." Some 268 graduates received degrees and certificates... Thomas McDonald, 24 Vershire St., North Quincy, was named parade coordinator by Mayor Walter J. Hannon... John A. Andrews, son of Mr. and Mrs. John Andrews, 63 Bay St., Squantum, received a Bachelor of Arts degree from Nasson College, Springvale, ME... Dianne M. King, 15 Tyler St., North Quincy, won a contest to determine the fastest and most accurate typist at Boston Gas Company. King was a 1972 graduate of North Quincy High School... Grand Knight Edward Keohane of the North Quincy Knights of Columbus Council awarded four scholarships to Catholic high school students. They were Kathleen Connolly, Kathleen Norton, Daniel Cronin and Daniel Gorman.

Quincy High School Class Of 2023

The following students graduated from Quincy High School Monday evening at Veterans' Memorial Stadium. Graduates of the Class of 2023 are listed alphabetically and the names were provided by the high school.

Mohammed Abdulameer
Ava Alexis Adams
Mukhtar Muse Adan
Melani Aguerre
Marta Lorena Aguiar-Perello
Angelica Aikens
Amira Fatima Aitsaid
Onuchi Stephanie Alamba
Sarah Elena Alberione
Charlindo Alexis
Jeanior Alexis
Ahmed Husain Alfetlawi
Yaseen Syedmohammad Ali
Maha Al-Ibrahimi
Mahdi H. Alkhalidy
Zainab Alnasiri
Kimberly Levynsk Alves
Zaila Depina Alves
Ali Hamed Alzubaidy
Sachiel Montrond Amado
Angela Anderson
Skyler Antonowicz
Mariely Graciela Aracena
Dilan Arda
Saidy G. Arias Guerrero
Laisha Arrendell Pimentel
Edwin G. Astronomo Jr.
Jason K. Au-Duong
Brianna Maria Backman
Joshward Baez
Anass Bahri
Brian Alexander Baker
Mathews Barbosa
Matthew Trifone Bartkus
Michail Barros Abakoumov
Madeline Chen Baryza
Johnnie Lashaune Baskin
Jonathan Batista-Perez
Kristi Becka
Juan P. Bengoa Croxatto
Victoria Paige Bentley
Lea Rose Bergin
Jayda Berry
Caroline Elizabeth Bertrand
Bellanicia Giana Bertulli
Anthony Bina-Rodriguez
Nicholas Bina-Rodriguez
Jose Luis Binet Gomez Jr.
Blenny Blanc
Kayla Marie Blatcher
Julie Blois
Jesse Sheridan Bollinger
Dejan Boskovic
J'Wan Sekou Bowden
Emily Rose Bowers
Kaniya Odette Braithwaite
Maerlande Bregard
Christian Joseph Brennan
Angel Hope Bresnahan
William Britt Jr.
Gabriella Maria Buchanan
Vivian Zoe C. Burke
Morgyn Butler
Marissa Cakuli
Adriana Campbell
Caroline Claire Campbell
Gregory Campbell
Kayron Brenno Campos
Kyle Huy Cao
Audrey Rita Capone
Dynasty Virginia Cardoso
Isabella Carinci
Mallory Elise Carlson
Alex Adolfo Carmona Montufar
Marco Carvalho
Harun Kassim Chaani
Edison Chan
Vanessa Tsz Tung Chan
Corey Nicholas Chaparro
Aliciana Angel Charbonier
Ruben Charles
Andy Chen

Anni Chen
Calvin Chen
Haobin Chen
Kenny Chen
Nick Chen
Elizabeth Rose Chetwynd
Devon Churbuck
Kyleigh Cipriano
Samuel Adams Civiello
Clowvens Yahvensky Clerveau
Megan Cobb
Deanna Kalaila Cobb
Charles Coffey
Patrick Coleman
Hailey Ann Concannon
Hanna Ashley Concannon
Brian Jay Conley
Ava May Cook
Peter Matthew Cooney
Jonathan Joseph Cooper
Brandon William Cooper
Matthew Richard Copp
Yancelis Carlin Cordero
Joseph Corson
Geovana Costa Silva
Jeremy Robert Costigan
Serena Crane
Kyle Anthony Cruz
Joseph R. Cugini
Rebecca Lazzarini Da Silva
Amy Dang
Rebekah H. Dang
Shaina Elenjah Daphnis
Lillie-Mae Davis
Nicholas Vincent Day
Gultieri De Oliveira De Souza
Hicaro De Oliveira Simoes
Carlos Daniel De Oliveira Trindade
Luis Amilcar Dean-Moreira
Catharine Jaques Demopoulos
Jeremy Peter DeMore
Xingwen Deng
Evan James Devine
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Nadia Jada Dickerson
Kamryn Aryana DiSisto
Mary Angelika Doherty
Lauren Pearl Donahue
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Joy Ferreira
Camila Vitoria Ferreira De Castro
Michael Ferrigno
Chloe Fitzgerald
Mairead Julia Folan
Nicholas Grant Fontaine
Carolyna Francisca De Moura
Stephen Crowley Gallant
Steven Gao
Angel Louis Garcia
Stacy Garcia
Mattea Garrett
Collin Gates
Daniel Gedutis
Sarah George
Logan Michael Goins
Beatriz Goncalves Bras
Kloee Gora
Fionn Gorham
Ruari Peter Gorham
Kaitlyn Ann Gough
Nestajah Graham
Lana Gullins

Jennaya Yarazeth Haley
Rebekah H. Hall
Sean Halley
Jacey Charles Ham
Rajan Hamzallari
Reyahanna Teja Hanson
Shanta Olicia Harriott
Kwame Kymani Harvey
Ivan Albert Hassan
Joshua Jacob Henderson
Brandon Hibbard
Huy Quang Ho
Bridget Ann Hoare
Andrew Hodgdon
Paige Elizabeth Holleman
Tyler William Holmes
Bonnie Huang
Jason Huang
Sophia Yi Huang
Nicholas John Hughes
Mia Irion
Ismayil Ismayilov
Cameron Jacobs
Ronak Jahangirian
Ramauni Jenkins
Angelina Summer Jewell
Brian Lewis Johnson
Coco Johnson
Janai Cayla Johnson
Justin Jonathan Jones
Ford Ju
John William Kabay
Sarah Elizabeth Kabay
Lauren Francesca Kabilian
Alexandria Grace Kane
Brianna Consiglia Keddy
Shawn Martin Kozlowski
Shubham Kumar
Christian Gabriel Linatoc Las
Aden Ean Le
Huong Le
Sonny Le
Tiffany Le
Thomas William Lebo
Sadie Elizabeth Lee
Alex A. Lei
Madison Jade Leuchte
Josephine Leung
Ruby May Levine
Stanley Li
Sean M. Libby
Arianny Cristina Lima da Silva
Edward Chen Lo
Eric Matthew Lomanno
Leo Vincent Lombardi
Kyane Aliny Lopes Teixeira
Ruper J. Lopez
Elysha Louis
Grayden Louissaint
Tess Szymanczyk Louzan
Monique Lu
Carmel Juliette Luc
Grace Makela Lukelo
Meidong Ma
Shane Malcolm MacNeil
Deekshita Madhalam
Phil Mai
Attila Leinad Pires Marquez
Joseph Martin
Syann Genesis Martin
William Gerald Martin
Hailey Maslauskas
Desiree Masone
Jace Stephen Mauriello
Andrew Louis Mazzini
Shannen Kathleen McCarthy
William K. McCoy
Grace Norah McDonald
Mason Anthony McDonough
Sean D. McInnis
Lilly Pauline McKeon
Brianna Rose McKinney Roman
Colin Kenneth McPherson
Eric M R Mei
Yu Fan Mei
Marielis Mejia Fabian
Helena Kathleen Middleton
Porter Miller
Mya Jean Millette

Angelica Marie Molina
Christian Monteiro-Spagnolo
Christopher Thomas Moon
Chase James Morales
Romeo Javier Morales
Brenda Paiva Moura
Samuel K. Mulyanga
Luke Isaac Murphy
Jakari Victor Murphy-LaGrant
Endrick Nacier
Arisa Loren Nakanishi
Ty Neal
Devin Thomas Nellany
Ariel Nguyen
Casey Vy Nguyen
Christiana Pak Nguyen
Dante Ty Nguyen
Emily Nguyen
Hong Nhu Quynh Nguyen
Katherine ThuCuc Nguyen
Lena Nguyen
Lillian Trinh Nguyen
Lyvvie Nguyen
Nhi T. Nguyen
Nicole Nguyen
Sophia Nguyen
Thi Aqnh Thuy Nguyen
Trang Tran Phuong Nhu
Delia Nichol
John Nigro
Dhriti Nijhawan
Andrew Ryan Novak
Danielle Nicole O'Brien
Brendan David O'Connor
Madison Murphy O'Connor
Joshua Ryan Ocheltree
Igor Oliveira Matoso
Jake Mark Ollmann
Thomas O'Neil
Keneth Orellana Caballero
Anthony Joseph Paccioretti
Brianna Paiva
Luis David Perez Tum
Desiree Penelope Petion
Angela Nguyen Pham
Logan Pham
Andrew Philibert
Kelly Phu
Kiet B. Phu
Darlyo Christian Pierre
Avery Joy Pitta
Robert Pitts
Sapphire Polynice
Theodore Joseph Porter
Dheeraj Prakash Viswanath
Jocelyn Pray
Marjus Proko
Connor William Putnam
Uyen Nhi Quang
Cullen J. Quilty
Victoria Natalie Rak
Kenneth Joseph Reale III
Rose Reale
Jeffrey Michael Reese
Kyle Nicholas Reynolds
Alexander Thomas Rheault
Mallory Christine Rimovitz
Caitlynn Marie Ripley
Andrew Riva
Madison Marie Roberson
Jayden Armando Robles Vazquez
Marissa Rose Rodriguez-Davis
Tatiana Rojas-Cruz
Lily Rong
Madison Marie Rose
Aiden Rossi
Julia Murielle Nunes Rue
Lydia M. Saavedra Rodriguez
Janna Alexa Salbibia
Valeria Salis Neta
Adner Francisco Sanchez Llano
Daynoris Aisha Sanders Alvarez
Jaimie J. Sansouci
Hanna Souza Santos
Dean Schaaf
Annika Morgan Schmitt
Elham Shah
Sadeq Jaafar Shareef

Cont'd On Page 8

North Quincy High School Class Of 2023

The following students graduated from North Quincy High School Tuesday evening at Veterans' Memorial Stadium. Graduates of the Class of 2023 are listed alphabetically and the names were provided by the high school.

Chika Mayu Akukwe
 Brianna Brady Alvarado
 Sachi Andrade
 Max Arghand
 Michelle Afifi Arceo Graniel
 Jeremiah Desean Armstrong
 Amariana Janyce Astacio
 Liam Thomas Bailey
 Olivia Rebecca Bailey
 Daniel James Ballerino
 Ines Barros
 Joseph Connor Bates
 Joshua Neil Bauman
 Naiara Bautista Minaya
 Pratham Bhatt
 Kate Elizabeth Billard
 Kevin Mikel Blido
 Julian Martin Bokulich
 Tristan Carter Bowler
 Anya Margaret Brenner
 Benyapa Bunrueng
 Sean Thomas Burns
 Thomas Frederick Cail
 Nathan Charles Caldwell
 Liam P. Callard
 Morgan Nicole Calvert
 Bridget Ann Capone
 Sam Carroll
 Jack Stephen Cavicchi
 Dahua Cen
 Robert Knight Chambers-Holland
 Brian Chan
 Bryan Chan
 Candace Chan
 Natalie Chan
 Olivia Chan
 Yuet Tung Chan
 Yvonne Nam Chan
 Williniam N. Chao
 Dina Ngoc Che
 Arnold H. Chen
 Brian Chen
 Donna Chen
 Hanying Chen
 Helen Chen
 Jennifer Chen
 Jessica Chen
 Jessica Kelly Chen
 JiaMing Chen
 Jingen Chen
 Justin J. Chen
 Shuyi Chen
 Vanessa Zhuo Heng Chen
 Xingyu Chen
 Yonglin Chen
 Yumi Chen
 Colin Cheng
 Anthony Cheung
 Erica Cho Cheung
 Yumiko Chow
 Melanie Joy Chretien
 Ammar Ally Chunda
 Shaelyn Alira Clark
 Dylan J. Clifford
 Liam MacDonald Cody
 Ava Makayla Coffey
 Jamie Lynne Collins
 Davius Javier Concepcion
 Christopher Conroy Conneely
 Oisin Dermot Coogan-Coyne
 Jason C. Cooper
 Nathan T. Cooper
 Caitlin Margaret Cormican
 Katelyn Elizabeth Craig
 Norah Ruth Cronin
 David Joseph D'Antona
 Joyce Ferreira da Rocha
 Dominique Thy Dang
 Nathan John Davis
 Benjamin Thomas Dawe

Julian Joseph De Jesus
 Sophia Maria Paes Pinto De Lima
 Carolina de Souza
 Kyle Robert DeBoer
 Ava Marie DeLuca
 Wendell Descartes
 Joycelynn Dai Diep
 Mary Margaret Dineen
 Thien Nhan Dinh
 Connor Donovan
 Alexander James Duane
 Kevin Duong
 Kristen Duong
 Maya Emelia Lund Egan
 Nicholas Emil Enbar-Salo
 Urangoo Enkhjargal
 Elijah James Eno
 Anthony Joseph Enos Jr.
 Gavin William Eve
 Weifeng Fang
 Caitlin Mary Feeney
 Juntao Feng
 Artiom Fernandez Correa
 Matthew Steven Fitzgerald
 Wing Seng Fong
 Vivian Fu
 Alexis Gambini Arana
 Linda Gao
 Yixiang Gao
 Ella Mary Gates
 Julia Lynne Gillespie
 Aidalee Brisselle Giordano
 Claudio Gomes-Cardoso
 Huixian Guan
 Ashna Guha
 Ira Habiba
 Cady Avancore Hansbury
 Ajanae N. Harmon
 Maura Jesslyn Hays
 Jason Jie He
 Jianjun He
 Jonathan Jia-Wei Ho
 Nathan K. Ho
 Van Khanh Hoang
 Anthony Stephen Holmes
 Alan Q.Q. Huang
 Jiahong Huang
 Ken Huang
 Megan Huang
 Nikki Huang
 Oscar Huang
 William Huang
 Xu Huang
 Sulekha Jamal Ali Hussein
 Elton Dang Khoa Huynh
 Sophia Jackson
 Katie Jiang
 Ramire Johnson
 Graeme Warren Johnston
 Kendall Marie Kazmowski
 Helen Ke
 Noah Brooks Kearney
 Aliyan Kiani
 Emma Rose Kinsley
 Ciara Knight
 Jackie Kuang
 Ethan King-Lam Kwong
 Lauren C. Lai
 Ebony A. Lake
 Caleb Lam
 Michaela Lam
 Vincent Lam
 Beck Andrew Lamotte
 Jefferson Laurette
 Donald Ngoc Le
 Jack Le
 William Dat Le
 Jennifer Lee
 Kayla Gee Lew
 Alex Xuanyun Li
 Annie Li
 Huoer Li
 Isaac Li
 Ivan T. Li
 Jason W. Li
 Jianing Li
 Jiawen Li

Jiayi Li
 Jinhong Li
 Kaitong Li
 Hengwei Liang
 Sahara Liang
 Xinyi Liang
 Andrew Lim
 Adam Lin
 Hao "Bobby" Lin
 Hedy Lin
 Ivan Lin
 Jerry Lin
 Keyi Lin
 Serena Lin
 Anna Mary Lindenzelzer
 Allyson Andrea Liu
 Eileen Liu
 Xiaorong Liu
 Christine Helen Loney
 Cristian Lopez Verapaz
 Amy QiuYi Lu
 Miranda Kay Luke
 Hung Mau Luong
 Alyssa L. Ly
 Tuan Ly
 Michelle C. Ma
 Zhenyu Ma
 Matthew C. MacWhinnie
 Heidi Malushi
 John Thomas Michael Malvesti
 Klaudia Mance
 Neil Brendan McCole III
 Thomas McGillicuddy
 Brendan M. McGourty
 Molly Anna McGovern
 Giordano J. Mckenzie
 Avery Kathleen McNeely
 Ailin Mei
 Lily O'Dette Mei
 Dayanie Mejia Cisneros
 Rene Joseph Silvano Micheli
 Alexander Jamal Montero-Coste
 Marcus William Moore
 Jerald D. Mortel
 Melanie Moy
 Nicholas Moy
 Grant Thomas Murphy
 Keira Grace Murphy
 Catherine Grace Murray
 Mollie Jean Nelson
 Sophie Marguerite Nerine
 Abigail Nicole Newton
 Isaac Ng
 Anh Quang Nguyen
 Ashlee Nguyen
 Brian Nguyen
 Diana Tran Nguyen
 Hoang Dinh Vy Nguyen
 Huu Phuc Nguyen
 Mai Ngoc Yen Nguyen
 Ryan Bradford Nolen
 Mitch J. O'Brien
 Elizabeth Grace O'Grady
 Vincent Michael O'Leary
 Daniel O. Olubodun
 Amanda Lee O'Neill
 Solana Cyan Ocean
 Thanhly Alena Ong
 Haley Marie Pagington
 Yijing Pan
 Mia Catherine Peceevich
 Alex Pham
 Khoa A. Pham
 John Richard Pickering
 Cassidy Marie Plante
 Madeline Erin Power
 Margaret M. Power
 Kevin Michael Pritchard
 Lingyu Qiu
 Icyss Quinones
 Herly Ramirez
 Brandon Joseph Riley
 Liam James Rogers
 Peter J. Romeo
 Kimberly Iris Rosa
 Curtis Ru
 ZiFeng Ruan

Tyler Ruo-Taylor
 Mia Loretta Ryan
 Yandiel Santana
 Keiko E. Shafon
 Vincent Shi
 Emmaleigh Shiner
 Zixian Situ
 Asani Theola Smith
 Colin Samuel Smith
 Marybeth M. Smith
 Nathan Daniel Stagg
 Alexander Lussien Stankov
 Mary Francine Stanton
 Caitlin Stockdale
 Adeline Sun
 Manlin Sun
 Jeffrey Tam
 Jinglin Tan
 Nicolas J. Tang
 Steven Tang
 Zachary Taylor
 Sabrina Teng
 Lunn Kyi Phyu Tha
 Samuel J. Thomas King
 Ivy Tiet
 Ryan J. Tobin
 Jason Ton
 Maxwell Joseph Toomey
 Julia Tow
 Giai Nhien Trac
 Kha Doanh Trac
 Antonie Dat Tran
 Jada Tran
 Lamborghini Tran
 Lily Tran
 Phuong N. Tran
 Hogan Truong
 Aaron Tsang
 Oscar Manuel Vasquez Lopez
 Steel Verrier
 Kyle Evan Vo
 Andy Vu
 Kaitlyn Tram Vu
 Robert Walinjom
 Harry Wang
 Jing Wang
 Patrick James Webber
 Jason Yujian Wen
 James Weng
 Jialin Weng
 Joe Whooley
 Matthew James Whooley
 Anisah Lee Williams
 Carmen Wong
 Stella Jade Wong
 Emily Zhuo Mei Wu
 Isabelle Wu
 Josie Wu
 Zeyi Xiao
 Sophia Xie
 Christina Xu
 Kevin Ko Xu
 Qitong Xu
 Tammie A. Xu
 Yong Wen Xu
 Jocelyn Alexia Yee
 Joey Yu
 Yanfeng Yu
 Jasmine Yuen
 Alfonso Zeng
 Emily Zeng
 Jacky Zhang
 Jacky Zhao
 Weitian Zhao
 Jiayu Zhen
 Allen Zheng
 Amy Zheng
 Jason Zheng
 Ray Liu Zheng
 Yuhang Zheng
 Zixi Ciney Zheng
 Brandon Zhou
 Liting Zhou
 Elaina Zou
 Ivan Zou
 Thomas Zou
 Nora Ellen Zraizaa

Quincy High School Class Of 2023

Cont'd From Page 6

Ethan Calvin Sheng-Clarke
Emmaleigh Shiner
Kayllon Nicholas Siqueira Botelho
Joy Skeen
Brendan Peter Smith
Reese MacLaren Smith
Ana Maria Soares
Vasiliana Sota
Caelyn Elizabeth Soule
Jordan Souza
Kayo Souza Moraes
Max Abel Spendlove
Sam Abel Spendlove
Cheyenne Summer Spiller

Katelyn Rose Stirling
Samantha Jean Sumner
Arune J. Sundosd
Meghan Ann Sweeney
Mary Tan
Shuzhen Tan
Rona Tavares
Allison Thiha-Wong
Christopher Tice
Christian A. Tineo
Jonathan Michael Tirado
Brynn Blake Toler
Caroline Ellen Tracey
Anna Khanh Tran

Katrina Tran
Nhu Quynh Tran
Steven Tran
Samuel James Traynor
Andy Truong
Jimmy Truong
Liam Daniel Van Gestel
Gabrielle Ashley Vazquez
Jazzira Vicente Ramirez
Dylan Viola
Kaitlyn Vo
Mai Vo
Almona Vojkollari
Lena Mary Waldron

Skylá Paige Whelan
Brandon Kyan White
Jakai Elijah Whitfield
Jacorey Wiggins
William Wismar
Kayla Withem-Pesantes
Evonne Marie Woodfin
Stephen Joseph Wright
Xiaohua Wu
Haixiang Yu
Luis Javier Zabala Rodriguez
Anna Zheng
Jesse Zheng
Jiaxin Zhu

QHS Class Of 2023 Scholarship Recipients

The following Quincy High School Class of 2023 graduates received scholarships. The list of scholarship recipients was provided by the high school. The graduates and scholarships are:

Mohammed Abdulameer
Quincy College First Semester Scholarship
Amira Aitsaid
Quincy Rotary Club Scholarship
John B. and Angelo H. Vergobbi Memorial Scholarship
Lottie S. Page Nursing Scholarship
Salvatore E. Coscia Memorial Scholarship Fund
Sarah Alberione
Quincy Retired Teachers Association- John W. Walsh Memorial Scholarship
Quincy Women's Club Trust Scholarship
Quincy Rotary Club Scholarship
Linda P. Beck Fund Scholarship
Ned V. Mannai Memorial Scholarship
The Richard and Geraldine Storella Educational Trust
Officer Jamie Cochrane Memorial Scholarship
Spirit of Italian Culture Scholarship
John & Abigail Adams Scholarship
Ahmed Alfetlawi
Kevin McVeigh Scholarship
Yaseen Ali
Quincy Education Association Esther Weeden-Morton Scholarship
John & Abigail Adams Scholarship
Zaila Alves
Quincy Retired Teachers Association Kathleen T. Mitchell Memorial Scholarship
Quincy Rotary Club Scholarship
Robert Charles Billings Memorial Scholarship

John & Abigail Adams Scholarship
Ali Alzubaidy
Ned V. Mannai Memorial Scholarship
Jason Au-Duong
Quincy Retired Teachers Association James McGuire Memorial Scholarship
Quincy Women's Club Trust Scholarship
Reuben & Lizzie Grossman Award Scholarship
Evelyn W. Ryan Mathematics Scholarship
John & Abigail Adams Scholarship
Brian Baker
Kevin McVeigh Scholarship
Quincy College First Semester Scholarship
Michail Barros Abakoumov
Quincy College First Semester Scholarship
Matthew Bartkus
Quincy Rotary Club Scholarship
Quincy Education Association W. Scott Austin and Albert Cochrane Scholarship
Music America Trust Ron Della Chiesa Music Prize
The Richard and Geraldine Storella Educational Trust
Madeline Chen Baryza
Quincy Retired Teachers Association Mary Catherine Iannoni Memorial Scholarship
Outstanding Technical Student of the Year Scholarship
Joseph B. Halbert Memorial Scholarship
John & Abigail Adams Scholarship
Jonathan Batista-Perez
Quincy College First Semester Scholarship
Juan Bengoa
Victoria A. M. Zeller Memorial Scholarship
Victoria Bentley
Ned V. Mannai Memorial Scholarship
Jayda Berry
Clifford Marshall School Clifford H. Marshall Memorial Scholarship
Caroline Bertrand
Quincy College First Semester Scholarship
Anthony Bina-Rodriguez
Kevin J Hannon Memorial Scholarship
John & Abigail Adams Scholarship
Kayla Blatcher
Quincy Education Association Alice Killilea Scholarship
James P. McGuire Memorial Scholarship
Jesse Bollinger
Quincy Rotary Club Scholarship
Emily Bowers
Early College High School Pathways Scholarship
Caroline Campbell
Alpha Delta Kappa Xi Chapter Scholarship
George G. Burke Foundation Scholarship

Quincy Education Association, Inc. Scholarship
Yacubian Family Scholarship
The Salvatore and Maria Pizzi Foundation Scholarship
Steven V. Barrett Memorial Scholarship
Robert G. Noble, Sr. Scholarship
Wilfred A. Nolan Lions Club of Quincy Scholarship
Gregory Campbell
Quincy College First Semester Scholarship
Kayron Campos
Early College High School Pathways Scholarship
Audrey Capone
Bill Dunn Jr. Memorial Scholarship
Jane Southwick Memorial Scholarship
American Legion Nickerson Post Auxiliary Scholarship
The Richard and Geraldine Storella Educational Trust
John & Abigail Adams Scholarship
Dynasty Cardoso
Kevin J Hannon Memorial Scholarship
Toolbox Scholarship from Quincy Rotary Club
Isabella Carinci
Point Webster Middle School Book Award
John & Abigail Adams Scholarship
Mallory Carlson
Muriel L. Nicholls Memorial Scholarship
Vanessa Chan
Ned V. Mannai Memorial Book Award
John & Abigail Adams Scholarship
Corey Chaparro
Ambrose C. Duggan Memorial Scholarship
Lucy '38 and Eddie '37 Marchant Memorial Scholarship
Aliciana Charbonier
Ned V. Mannai Memorial Book Award
John & Abigail Adams Scholarship
Andy Chen
Kevin J Hannon Memorial Scholarship
Calvin Chen
John & Abigail Adams Scholarship
Kenny Chen
John & Abigail Adams Scholarship
Charles Coffey
Peter Turowski Jr. Memorial Scholarship
The Salvatore and Maria Pizzi Foundation Scholarship
John & Abigail Adams Scholarship
Hanna Concannon
The Four Friends Memorial Scholarship
Glen Sherriff Memorial Scholarship
Terry Greenleaf Memorial Scholarship
Hailey Concannon
Yacubian Family Scholarship
The Four Friends Memorial Scholarship
John & Abigail Adams Scholarship

Cont'd On Page 10

Congratulations to QHS & NQHS Graduates Class of 2023

from
**Council President &
Councilor-At-Large
Noel DiBona & Family**



Noel - Quincy H.S. - Class of 1993
Niamh - Quincy H.S. - Class of 1995
Future Graduates
Tyler - Class of 2031
Aidan - Class of 2033
Nora - Class of 2034

Congratulations, Class of 2023!

Best Wishes
from

Ron Mariano
House Speaker and
State Representative



You are graduating in
unprecedented times.
Go forth and inspire!

Congratulations

to the

**Class of
2023**

EMILY LEBO
QUINCY SCHOOL COMMITTEE

NQHS Class Of 2023 Scholarship Recipients

The following North Quincy High School Class of 2023 graduates received scholarships. The list of scholarship recipients was provided by the high school. The graduates and scholarships are:

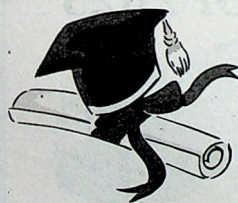
Brianna Alvarado
QRTA: Greg Buck Scholarship
Max Arghand
Betty Cianci Memorial Award
Liam Bailey
NQHS Boys Volleyball Boosters Book Award
Parent Advisory Council Spirit Award
Rotary Club of Quincy Scholarship
Olivia Bailey
Bank of America: Quincy Women's Club Scholarship
Parent Advisory Council Spirit Award
Quincy Lodge of Elks Scholarship
Rotary Club of Quincy Scholarship
Joseph Bates
City of Quincy: Koch Club Scholarship
NQHS Boys Basketball Boosters Book Award
NQHS Boys Soccer Boosters Book Award
Naiara Bautista Minaya
Sandra Rougvié Memorial Scholarship
Kate Billard
Parent Advisory Council Spirit Award
Kevin Blido
NQHS Boys Soccer Boosters Book Award
Anya Brenner
QRTA: Carl Deyeso Honorary Scholarship
Sean Burns
City of Quincy: Billings Trust Scholarship
Margaret Rose Durant Memorial Scholarship
Parent Advisory Council Spirit Award
NQHS Boys Basketball Boosters Book Award
NQHS Boys Soccer Boosters Book Award
Nathan Caldwell
Beechwood Knoll PTO Scholarship
City of Quincy: Koch Club Scholarship
Costa Family Scholarship: Michael Hurley
George F. Bryan Post No. 613 Scholarship
Liesl Radzik Scholarship
Nickerson Post Auxiliary Scholarship
NQHS Boys Basketball Boosters Book Award
NQHS Football Boosters Book Award
NQHS Boys Volleyball Boosters Book Award
Parent Advisory Council Spirit Award
Peter and Elaine Zoia Scholarship
Quincy Lodge of Elks Scholarship
NQRTA: John W. Walsh Scholarship
Robert G. Noble Senior Scholarship
Yacubian Family Memorial Scholarship
Bridget Capone
QEA: Frank & Janet Goudey and Eileen Rugg Scholarship
Robert M. Pound Memorial Scholarship
Jack Cavicchi
Beechwood Knoll PTO Scholarship
NQHS Boys Soccer Boosters Book Award
NQHS Boys Ice Hockey Boosters Book Awards
Dahua Cen
George G. Burke Foundation Scholarship
Yuet Tung Chan
Bank of America: Quincy Women's Club Scholarship
NQHS AFROTC Scholarship
Arnold Chen
NQHS AFROTC Scholarship
Brian Chen
Bank of America: Angelo H. Vergobbi Scholarship
NQHS AFROTC Scholarship

Donna Chen
NQHS Football Alumni Scholarship
Hanying Chen
QEA: Althea P. Sawyer Scholarship
Helen Chen
QEA: Esther Gizzarelli Scholarship
Jessica Chen
Bank of America: Quincy Women's Club Scholarship
Quincy Lions Club Wilfred A. Nolan Scholarship
Justin Chen
NQHS AFROTC Scholarship
Vanessa Chen
City of Quincy: Beatrice Priest Scholarship
Xingyu Chen
QEA: Cassandra Thayer Scholarship
Anthony Cheung
Rotary Club of Quincy Scholarship
Clancy-Ward Wrestling Scholarship
Yumiko Chow
Northeastern Torch Scholarship
Melanie Chretien
NQHS Girls Soccer Boosters Book Awards
Rotary Club of Quincy Scholarship
Ammar Chunda
Central Middle School PTO Award
Dylan Clifford
City of Quincy: Ambrose C. Duggan Scholarship
City of Quincy: Koch Club Scholarship
Costa Family Scholarship: Michael Hurley
NQHS Assistant Principal's Scholarship
NQHS Boys Basketball Boosters Book Award
NQHS Football Alumni Scholarship
NQHS Boys Football Boosters Book Award
NQHS Boys Volleyball Boosters Book Award
Peter J. Zoia Scholar Athlete Scholarship
Rotary Club of Quincy Scholarship
Salvatore & Maria Pizzi Foundation Inc. Scholarship
Yacubian Family Memorial Scholarship
Liam Cody
NQHS Boys Soccer Boosters Book Award
Quincy Lodge of Elks Scholarship
Ava Coffey
Bob McGillicuddy Book Award
City of Quincy: Koch Club Scholarship
Quincy Medical Center Nursing Scholarship
Salvatore & Maria Pizzi Foundation Inc. Scholarship
Jamie Collins
NQHS Girls Soccer Boosters Book Award
Caitlin Cormican
NQHS Girls Soccer Boosters Book Award
Katelyn Craig
NQHS Faculty Scholarship

Norah Cronin
Parent Advisory Council Spirit Award
QEA: Anna L. Murphy Scholarship
Quincy Lodge of Elks Scholarship
David D'Antona
NQHS Boys Ice Hockey Boosters Book Award
Dominique Dang
Bank of America: Quincy Women's Club Scholarship
Reuben and Lizzie Grossman Foundation Awards
Rotary Club of Quincy Scholarship
Patrick T. White Scholarship
Nathan Davis
NQHS Boys Basketball Boosters Book Award
NQHS Boys Soccer Boosters Book Award
Benjamin Dawe
NQHS Boys Soccer Boosters Book Award
Quincy Medical Center Nursing Scholarship
QRTA: John W. Walsh Scholarship
Julian De Jesus
QEA: Sawyer Family Scholarship
Kyle DeBoer
City of Quincy: Koch Club Scholarship
Eric K. Torvi Scholarship
George F. Bryan Post No. 613 Scholarship
NQHS Boys Soccer Boosters Book Award
Ava DeLuca
City of Quincy: Koch Club Scholarship
Kelly Cobble Memorial Arts Scholarship
Marie A. Smith Memorial Art and Education Scholarship
Joycelyn Diep
NQHS AFROTC Scholarship
QRTA: John W. Walsh Scholarship
Mary Dineen
Christopher McCallum Memorial Scholarship
Maude M. Howes Memorial Scholarship
Quincy/North Quincy Girls Ice Hockey Boosters Book Award
Maya Egan
Quincy Choral Boosters
QRTA: Arpi Hovagimian Memorial Scholarship
Wollaston Garden Club
Nicholas Enbar-Salo
Bank of America: Joseph Halbert Scholarship
Rotary Club of Quincy Scholarship
Squantum Elementary School Scholarship
Urangoo Enkhjargal
Carol L. Shiffer Memorial Scholarship
Anthony Enos
QRTA: Leonard Miceli Memorial Scholarship
Caitlin Feeney
Wollaston Women's Club 1921 Open Scholarship

Cont'd On Page 11

Congratulations



2023
NQHS
& QHS

GRADUATES!

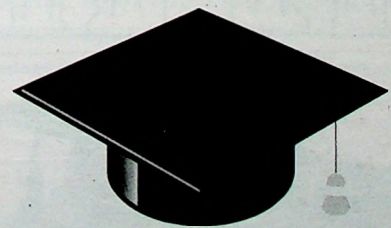
'You can never discover
new oceans until you
have the courage to lose
sight of the shore.'

André Gide

Doug
GUTRO
SCHOOL COMMITTEE

Congratulations Class of 2023

Make Us Proud!!!



William "Bill" Harris
Councillor
Ward 6

Congratulations
and Good Luck

Wishing You A
Bright Future

John Keenan
State Senator

QHS Class Of 2023 Scholarship Recipients

Cont'd From Page 8

Peter Cooney

Quincy Retired Teachers Association Barbara DeWolfe Memorial Scholarship

John & Abigail Adams Scholarship

Rebecca Da Silva

Chik Ching Law Memorial Scholarship

Rebekah Dang

Quincy Education Association Alice Killilea Scholarship

Ned V. Mannai Memorial Book Award

John & Abigail Adams Scholarship

Luis Dean-Moreira

Early College High School Pathways Scholarship

Catharine Demopoulos

Brian E Kelly Memorial Scholarship

John & Abigail Adams Scholarship

Juliana DiBlasi

Wayne Miller Overcoming Challenges Scholarship

Mario Casali Memorial Scholarship

Future Educators Book Award

Nadia Dickerson

Quincy Education Association Frank & Janet Goudey & Eileen Rugg Memorial Scholarship

Mary Doherty

Quincy Retired Teachers Association John W. Walsh Memorial Scholarship

Joseph B. Halbert Memorial Scholarship

Symmes Maini & McKee Associates Fund Scholarship

John & Abigail Adams Scholarship

Amber Doyle

Marilyn Murray Waywood Memorial Scholarship

Muriel L. Nicholls Memorial Scholarship

John & Abigail Adams Scholarship

Julia Dwyer

Ned V. Mannai Memorial Scholarship

John & Abigail Adams Scholarship

Ethan Earnest

John & Abigail Adams Scholarship

Jouri Elsadek

Quincy Rotary Club Scholarship

Ned V. Mannai Memorial Book Award

Paul Nigro Memorial Scholarship

John & Abigail Adams Scholarship

Chloe Fitzgerald

Ned V. Mannai Memorial Book Award

Mairead Folan

Ambrose C. Duggan Memorial Scholarship

Nicholas Fontaine

John & Abigail Adams Scholarship

Stephen Gallant

Bill Dunn Jr. Memorial Scholarship

Mattea Garrett

QNQ Ski Team Scholarship

Ned V. Mannai Memorial Book Award

Kloee Gora

Koch Club of Quincy Scholarship

John & Abigail Adams Scholarship

Kaitlyn Ann Gough

Ned V. Mannai Memorial Scholarship

Rebekah Hall

Ned V. Mannai Memorial Book Award

Quincy College First Semester Scholarship

Brandon Hibbard

John & Abigail Adams Scholarship

Huy Ho

Koch Club of Quincy Scholarship

Ned V. Mannai Memorial Book Award

John & Abigail Adams Scholarship

Paige Holleman

Quincy Retired Teachers Association Marjorie Bowker Memorial Scholarship

Quincy Rotary Club Scholarship

Thomas M. Galvin Quincy History Award

Ned V. Mannai Memorial Book Award

Tyler Holmes

Quincy Education Association Dr. Paul Gossard & Janet C. Jensen Scholarship

Steven V. Barrett Memorial Golf Scholarship

John & Abigail Adams Scholarship

Bonnie Huang

Wollaston Women's Club Scholarship

John & Abigail Adams Scholarship

Nicholas Hughes

John & Abigail Adams Scholarship

Ismayil Ismayilov

Quincy Education Association Frank L. Goudey & Muriel Jean Goudey Scholarship

Ned V. Mannai Memorial Book Award

John & Abigail Adams Scholarship

Ronak Jahangirian

Quincy Rotary Club Scholarship

John Fantucchio Art Scholarship

John & Abigail Adams Scholarship

Angelina Jewell

John & Abigail Adams Scholarship

Janai Johnson

Quincy Education Association Maude Wheeler & Ella Wilcox-Williams Scholarship

Alexandria Kane

Quincy Rotary Club Scholarship

John P. Bogan Memorial Scholarship

Tricia Lydon Memorial Scholarship

John & Abigail Adams Scholarship

Shawn Kozlowski

Dennis Sullivan Memorial Scholarship

Shubham Kumar

Ned V. Mannai Memorial Book Award

Karen Marie Fruzzetti Memorial Scholarship

James P. McGuire Memorial Scholarship

John & Abigail Adams Scholarship

Aden Le

John & Abigail Adams Scholarship

Huong Le

John & Abigail Adams Scholarship

Sonny Le

Quincy Retired Teachers Association Mary A. Bozoian Memorial Scholarship

Coastal Heritage Bank Business Scholarship

John & Abigail Adams Scholarship

Tiffany Le

Quincy Retired Teachers Association Mario Casali Memorial Scholarship

Robert Charles Billings Memorial Scholarship

Cultural Fair Scholarship

John & Abigail Adams Scholarship

Alex Lei

John & Abigail Adams Scholarship

Josephine Leung

Quincy Education Association Esther Gizzarelli Scholarship

Ruby Levine

Quincy Retired Teachers Association Bob Mattsson Memorial Scholarship

Elaine McGrail Memorial Book Award

Houghs Neck Garden Club Scholarship

Edward Lo

John & Abigail Adams Scholarship

Grayden Louissaint

Kevin McVeigh Scholarship

Tess Louzan

Quincy Choral Boosters Scholarship

JoAnn O'Malley Memorial Scholarship

Grace Lukelo

John & Abigail Adams Scholarship

Meidong Ma

Quincy Education Association Carole Barb-Deane & Dr. Albert DiMascio Scholarship

Shane MacNeil

John P. Bogan Memorial Scholarship

Ned V. Mannai Memorial Book Award

Deekshita Madhalam

Quincy Retired Teachers Association Arthur E. Foster Jr Memorial Scholarship

Stuart Slicis-City of Presidents Scholarship

Nellie Mae Foundation Lawrence W. O'Toole Scholarship

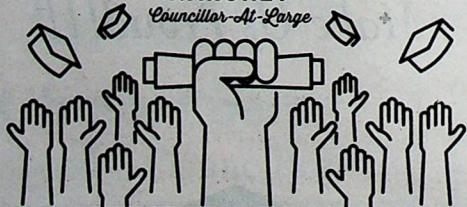
Cont'd On Page 12

CONGRATULATIONS

Class of

2023

★ ANNE ★
MAHONEY
Councillor-At-Large



Congratulations

Class of 2023



FRANK SANTORO
School Committee

Congratulations



Michael Bellotti
Norfolk County Treasurer



Congratulations & Best Wishes
to the Class of 2023!



HAMEL-LYDON CHAPEL

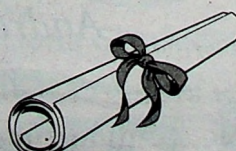
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NQHS Class Of 2023 Scholarship Recipients

Cont'd From Page 9

Matthew Fitzgerald
Wang Family-Kenny Wang Management Scholarship
Vivian Fu
Bank of America: Angelo H. Vergobbi Scholarship
Joan Cavanagh Memorial Scholarship
Linda Gao
Wollaston Women's Club 1915 Home Scholarship
Ella Gates
Christopher McCallum Memorial Scholarship
Philip & Kathryn Segalla Scholarship
Quincy/North Quincy Ski Team Book Award
Squantum Elementary School Scholarship
Julia Gillespie
Liesl Radzik Scholarship
Matthew D. Hurley Memorial Scholarship
Quincy/North Quincy Ski Team Book Award
Robert Nickerson Post #382 Memorial Scholarship-G/
SGT Francis J. Thorpe
Wang Family-Kenny Wang Communications Scholarship
Ashna Guha
QRTA: Geraldine Herbert Memorial Scholarship
Wilma Shields Science Scholarship
Ira Habiba
QEA: Alice Killilea Scholarship
Cady Avancore Hansbury
NQHS Girls Soccer Boosters Book Awards
Quincy/North Quincy Ski Team Book Award
Anthony Stephen Holmes
Joseph W. Koch Military Service Award
Oscar Huang
NQHS English Language Learner Scholarship
QRTA: Harry A. & Louisa P. Beede Memorial Scholarship
Sophia Jackson
NQHS Girls Soccer Boosters Book Awards
Katie Jiang
QRTA: Lois I. Brandes Memorial Scholarship
Graeme Johnston
NQHS Boys Soccer Boosters Book Award
Ramire Johnson
NQHS Football Boosters Book Award
Kendall Kazmowski
NQHS Girls Soccer Boosters Book Awards
QEA: Dr. Mary Baran & Penny Patrakas Scholarship
Yacubian Family Memorial Scholarship
Noah Kearney
NQHS Assistant Principal's Scholarship
NQHS Boys Ice Hockey Boosters Book Awards
Emma Kinsley
NQHS Girls Soccer Boosters Book Awards

Ciara Knight
City of Quincy: Koch Club Scholarship
Marie A. Smith Memorial Art and Education Scholarship
Matthew D. Hurley Memorial Scholarship
Ebony Lake
City of Quincy: Koch Club Scholarship
Michaela Lam
Gerald Lyons Scholarship
Linda P. Beck Scholarship
Vincent Lam
NQHS AFROTC Scholarship
Jefferson Laurette
NQHS Football Boosters Book Award
NQHS Principal's Scholarship
Jennifer Lee
City of Quincy: Ambrose C. Duggan Scholarship
Quincy Sons of Italy
Kayla Lew
Bank of America: Angelo H. Vergobbi Scholarship
Rotary Club of Quincy Scholarship
Jason Li
NQHS Boys Volleyball Boosters Book Award
NQHS AFROTC Scholarship
QEA: Althea P. Sawyer Scholarship
Reuben and Lizzie Grossman Foundation Award
Rotary Club of Quincy Scholarship
Sahara Liang
NQHS AFROTC Scholarship
Andrew Lim
10 IS FUN Scholarship
Hao Lin
NQHS Boys Volleyball Boosters Book Award
Hedy Lin
NQHS Football Alumni Susan Stamos Scholarship
Ivan Lin
Carol L. Shiffer Memorial Scholarship
Jerry Lin
NQHS AFROTC Scholarship
Eileen Liu
NQHS AFROTC Scholarship
Christine Loney
Parent Advisory Council Spirit Award
Cristian Lopez Verapaz
Chik Ching Law Memorial Scholarship
Amy Lu
Bank of America: Quincy Women's Club Scholarship
NQHS AFROTC Scholarship
Matthew MacWhinnie
NQHS AFROTC Scholarship
Heidi Malushi
QEA: Geraldine Loughlin-Fahey & Maxine Wigmore

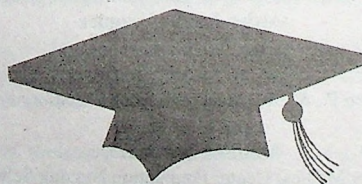
John Thomas Malvesti
City of Quincy: Koch Club Scholarship
George F. Bryan Post No. 613 Scholarship
Officer Jamie Cochrane Memorial Road Race Scholarship
Peter and Elaine Zoia Scholarship
QRTA: Bob Mattson Memorial Scholarship
Yacubian Family Memorial Scholarship
Neil McCole
City of Quincy: Koch Club Scholarship
NQHS Boys Soccer Boosters Book Award
Molly McGovern
Quincy Lodge of Elks Scholarship
Giordano McKenzie
Richard Kenneally Memorial Scholarship
Avery McNeely
Ashley Lopez Memorial Scholarship
Dayanie Mejia Cisneros
Caitlin Moore Scholarship
QRTA: John W. Walsh Scholarship
Alex Montero
Eric K. Torvi Scholarship
NQHS Boys Basketball Boosters Book Award
Jerald Mortel
NQHS Boys Basketball Boosters Book Award
Melanie Mo
QRTA: John W. Walsh Memorial Scholarship: In Memo-
ry of Mary Catherine Ianoni
Grant Murphy
City of Quincy: Koch Club Scholarship
NQHS Boys Basketball Boosters Book Award
NQHS Football Boosters Book Award
Quincy Lodge of Elks Scholarship
Thomas M. Galvin Quincy History Award
Yacubian Family Memorial Scholarship
Keira Murphy
NQHS Faculty Scholarship
NQHS Girls Soccer Boosters Book Award
Catherine Murray
NQHS Girls Soccer Boosters Book Award
Mollie Nelson
Elaine McGrail Memorial Scholarship
NQHS Eileen Feeney Spirit & Pride
Parent Advisory Council Spirit Award
Rotary Club of Quincy Scholarship
Sophie Nerine
Ayers/Shields Science Scholarship
Bank of America: Quincy Women's Club Scholarship
Bob McGillicuddy Book Award
Foreign Language Retired Teachers Scholarship

Cont'd On Page 13

**Congratulations
and Best Wishes!!**
QHS and NQHS Graduates

Class of 2023
Chuck Phelan
Ward 5 Councillor

**Congratulations
& Best Wishes!**



Tackey Chan
State Representative
2nd Norfolk District

Congratulations
to the Quincy and
North Quincy High School
Class of 2023 Graduates

Best Wishes,
Norfolk County District Attorney
Michael W. Morrissey (NQHS '72)
Joanne Ross Morrissey (QHS '73)

2023 Graduates, all.....

TODAY IS YOUR DAY..
(as Dr. Suess would say)

**"You're off to Great Places!
So...GET ON YOUR WAY!"**

CONGRATULATIONS!

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Congratulations Graduates!!
**Best Wishes on Your
Next Adventure.**

TINA CAHILL
★★★
SCHOOL COMMITTEE



Joe Shea
Norfolk County Commissioner

QHS Class Of 2023 Scholarship Recipients

Cont'd From Page 10

Deekshita Madhalam (continued)
Point Webster Middle School Book Award
John & Abigail Adams Scholarship
William Martin
Bobby Harvey Memorial Scholarship
Steven V. Barrett Memorial Hockey Scholarship
Dennis Sullivan Memorial Scholarship
Jace Mauriello
John & Abigail Adams Scholarship
William McCoy
Ned V. Mannai Memorial Book Award
John & Abigail Adams Scholarship
Sean McInnis
The Four Friends Memorial Scholarship
Colin McPherson
John & Abigail Adams Scholarship
Yu Fan Mei
Quincy Retired Teachers Association Elaine and Paul Lyons Memorial Scholarship
Maude M. Howes Trust Scholarship
Ned V. Mannai Memorial Scholarship
John & Abigail Adams Scholarship
Helena Middleton
Yacubian Family Scholarship
Dennis Sullivan Memorial Scholarship
Christian Monteiro-Spagnolo
Early College High School Pathways Scholarship
Christopher Moon
Ned V. Mannai Memorial Book Award
John & Abigail Adams Scholarship
Brenda Moura
Quincy Education Association Dr. Russell B. Street, Jr. Scholarship
Arisa Nakanishi
Hazel '34 and Vic '35 DiGravio Memorial Scholarship
Ty Neal
Ned V. Mannai Memorial Scholarship
Casey Nguyen
Quincy Retired Teachers Association Warren and Elsie Findlay Memorial Scholarship
Wollaston Women's Club Scholarship
Ned V. Mannai Memorial Scholarship
John & Abigail Adams Scholarship
Christiana Nguyen
Quincy Retired Teachers Association Althea Sawyer Memorial Scholarship
Reuben & Lizzie Grossman Award Scholarship
Quincy Women's Club Trust Scholarship
John & Abigail Adams Scholarship
Dante Nguyen
Quincy Retired Teachers Association John W. Walsh Memorial Scholarship
Outstanding Technical Student of the Year Runner- Up Scholarship
John B. and Angelo H. Vergobbi Memorial Scholarship
John & Abigail Adams Scholarship
Emily Nguyen
Ned V. Mannai Memorial Book Award
John & Abigail Adams Scholarship
Katherine Nguyen
Wollaston Garden Club Scholarship
John & Abigail Adams Scholarship
Lillian Nguyen
George G. Burke Foundation Scholarship
Sophia Nguyen
Quincy Retired Teachers Association Bruce McDonald Memorial Scholarship
Quincy Rotary Club Scholarship
Quincy Education Association Althea P. Sawyer Scholarship

John & Abigail Adams Scholarship
Trang Nhu
Ned V. Mannai Memorial Book Award
John & Abigail Adams Scholarship
Delia Nichol
Yacubian Family Scholarship
The Four Friends Memorial Scholarship
Ned V. Mannai Memorial Scholarship
Dhriti Nijhawan
John & Abigail Adams Scholarship
Danielle O'Brien
George F. Bryan VFW Post 613 Scholarship
Quincy Sons of Italy Scholarship
Quincy Education Association Mary Morris Scholarship
Spirit of Italian Culture Scholarship
John & Abigail Adams Scholarship
Madison O'Connor
Beth Israel Deaconess Hospital-Milton Healthcare Career Scholarship
Quincy Medical Center Foundation Nursing Scholarship
Ned V. Mannai Memorial Scholarship
Jake Ollmann
Kevin McVeigh Scholarship
Thomas O'Neil
John & Abigail Adams Scholarship
Kelly Phu
John B. and Angelo H. Vergobbi Memorial Scholarship
Quincy Education Association Edward Baccari Scholarship
Point Webster Middle School Book Award
Clifford Marshall School Joy Hanlon Memorial Scholarship
Kiet Phu
Ned V. Mannai Memorial Scholarship
Dheeraj Prakash Viswanath
Quincy Retired Teachers Association John W. Walsh Memorial Scholarship
Quincy Women's Club Trust Scholarship
Evelyn W. Ryan Mathematics Scholarship
John & Abigail Adams Scholarship
Uyen Nhi Quang
John & Abigail Adams Scholarship
Victoria Rak
Quincy Retired Teachers Association Harry A. & Louisa P. Beede Memorial Scholarship
Mariano Family Scholarship in Memory of Luigi '36 and Helena Papile Mariano '38
John & Abigail Adams Scholarship
Kenneth Reale III
Plumber's Union Local No. 12 Scholarship
Jasper and Dorothy Orlando Plumbing Scholarship
Toolbox Scholarship from Quincy Rotary Club
Kyle Nicolas Reynolds
Quincy Retired Teachers Association Arthur H. Morrissey Memorial Scholarship
Andrew Riva
Quincy College First Semester Scholarship
Madison Roberson
Quincy Medical Center Foundation Nursing Scholarship
Jayden Robles Vazquez
Dennis Sullivan Memorial Scholarship
Marissa Rodriguez-Davis
Stephen P. & Ann Marie DesRoche Memorial Scholarship
Madison Marie Rose
Quincy Medical Center Foundation Nursing Scholarship
Quincy College First Semester Scholarship
Julia Rue
Quincy College First Semester Scholarship

Janna Alexa Salbibia
John & Abigail Adams Scholarship
Jaimie Sansouci
Quincy Rotary Club Scholarship
Elham Shah
John & Abigail Adams Scholarship
Sadeq Shareef
Quincy Education Association Allen Goldfarb & Munroe MacLean Scholarship
John & Abigail Adams Scholarship
Reese Smith
George G. Burke Foundation Scholarship
Lottie S. Page Nursing Scholarship
Captain Edward G. Riley Memorial Scholarship
Officer Jamie Cochrane Memorial Scholarship
John & Abigail Adams Scholarship
Vasiliana Sota
Quincy Choral Boosters Scholarship
Max Spendlove
Beechwood Knoll School PTO Book Award
Kelly Cobble Memorial Art Scholarship
Jane Southwick Memorial Scholarship
Sam Spendlove
Central Middle School PTO Book Award
Beechwood Knoll School PTO Book Award
Ned V. Mannai Memorial Book Award
Katelyn Stirling
Ned V. Mannai Memorial Book Award
John & Abigail Adams Scholarship
Samantha Sumner
John & Abigail Adams Scholarship
Allison Thiha-Wong
South Shore Bank Citizenship Award
Brynn Toler
Quincy Retired Teachers Association Arthur C. Gillis Memorial Scholarship
Quincy Rotary Club Scholarship
Richard Kenneally Scholarship Fund
Bill Dunn Jr. Memorial Scholarship
John & Abigail Adams Scholarship
Caroline Tracey
Quincy Retired Teachers Association Harry A. & Louisa P. Beede Memorial Scholarship
George F. Bryan VFW Post 613 Scholarship
Yacubian Family Scholarship
Quincy Women's Club Trust Scholarship
QHS Class of 1973 Memorial Scholarship
The Four Friends Memorial Scholarship
John & Abigail Adams Scholarship
Anna Tran
Quincy Retired Teachers Association Harry A. & Louisa P. Beede Memorial Scholarship
Quincy Women's Club Trust Scholarship
Quincy Rotary Club Scholarship
Muriel L. Nicholls Memorial Scholarship
Albert Francis Gilmartin Memorial Scholarship
John & Abigail Adams Scholarship
Katrina Tran
Peter Turowski Jr. Memorial Scholarship
John & Abigail Adams Scholarship
Steven Tran
Ned V. Mannai Memorial Book Award
Samuel Traynor
John & Abigail Adams Scholarship
Kaitlyn Vo
Quincy Education Association Cassandra Thayer Scholarship
Cultural Fair Scholarship
Muriel L. Nicholls Memorial Scholarship

Cont'd On Page 13

**Congratulations
Graduates**



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**Congratulations
and Good Luck**

**Paul Bregoli
Quincy School Committee**

NQHS Class Of 2023 Scholarship Recipients

Cont'd From Page 11

Abigail Newton
City of Quincy: Koch Club Scholarship
David J. Messina Memorial Sportsmanship Award
Parent Advisory Council Spirit Award
Quincy Lodge of Elks Scholarship
Quincy/North Quincy Girls Ice Hockey Boosters Book Award

Isaac Ng
Bob McGillicuddy Book Award
Bank of America: Joseph Halbert Scholarship
QEA: Dr. Russell B. Street Jr. Scholarship

Anh Nguyen
NQHS Boys Soccer Boosters Book Award

Brian Nguyen
NQHS Football Alumni Scholarship
NQHS Football Boosters Book Award

Diana Nguyen
South Shore Bank Citizenship Award

Huu Phuc Nguyen
Wang Family Scholarship—Joyce Wells Scholarship

Vincent O'Leary
NQHS Boys Ice Hockey Boosters Book Award

Solana Ocean
Costa Family Scholarship: Piero Peradotto

Daniel Olubodun
NQHS AFROTC Scholarship

Yijing Pan
QRTA: Arthur E. Foster Memorial Scholarship

Mia Peceovich
City of Quincy: Koch Club Scholarship
George F. Bryan Post No. 613 Scholarship
Quincy Lodge of Elks Scholarship
Officer Jamie Cochrane Memorial Road Race Scholarship

Alex Pham
Rotary Club of Quincy Scholarship
Jonathan W.P. O'Driscoll Memorial Scholarship
Patrick T. White Scholarship
Yacubian Family Memorial Scholarship

Jack Pickering
NQHS Boys Basketball Boosters Book Award

Cassidy Plante
City of Quincy: Billings Trust Scholarship
City of Quincy: Koch Club Scholarship
NQHS Boys Soccer Boosters Book Award
Patrick T. White Scholarship
Quincy Lions Club Wilfred A. Nolan Scholarship

Madeline Power
NQHS Class of 1973 Alumni Scholarship
Quincy/North Quincy Ski Team Book Award

Margaret Power
Bob McGillicuddy Book Award
NQHS Girls Soccer Boosters Book Award
Rotary Club of Quincy Scholarship

NQHS Girls Soccer Boosters Book Award

Kevin Pritchard
NQHS Boys Basketball Boosters Book Award
NQHS Principal's Scholarship

Liam James Rogers
NQHS Boys Ice Hockey Boosters Book Award

Peter Romeo
Quincy Choral Boosters

Kimberly Rosa
QEA: Education Scholarship

Mia Ryan
Quincy Lodge of Elks Scholarship

Keikio Shafter
Quincy Lodge of Elks Scholarship

Asani Smith
Costa Family Scholarship: Puni Vaccari
John F. Messina Memorial Art Award

Marybeth Smith
NQHS Girls Soccer Boosters Book Award
Rotary Club of Quincy Scholarship
Virginia Marie Whalen Memorial Scholarship

Alexander Stankov
NQHS Boys Soccer Boosters Book Award
Rotary Club of Quincy Scholarship

Mary Stanton
Eric K. Torvi Scholarship
Lucille Marchant DiGravio '61 Scholarship
Quincy Lodge of Elks Scholarship

Caitlin Stockdale
NQHS Class of 1973 Alumni Scholarship

Manlin Sun
QEA: Anna Loya and Ivar O. Nelson Scholarship

Jeffrey Tam
NQHS Boys Volleyball Boosters Book Award

Jinglin Tan
Jasper and Dorothy Orlando Memorial Scholarship
NQHS AFROTC Scholarship

Nicholas Tang
Hugh Simpson Memorial Scholarship
NQHS Boys Volleyball Boosters Book Award

Zachary Taylor
NQHS Boys Basketball Boosters Book Award

Sabrina Teng
QEA: Peter F. Bouchie Scholarship

Ryan Tobin
Costa Family Scholarship: Puni Vaccari

Maxwell Toomey
City of Quincy: Koch Club Scholarship
QRTA: Harry A. and Louisa P. Beede Memorial Scholarship

Antonie Tran
10 IS FUN Scholarship
QRTA: Stephen H. Moynihan Scholarship

Lily Tran
NQHS AFROTC Scholarship

Phuong Tran
NQHS AFROTC Scholarship

Kyle Vo
George G. Burke Foundation Scholarship

Andy Vu
NQHS AFROTC Scholarship

Kaitlyn Vu
Costa Family Scholarship: Silvia Costa
Daughters of the American Revolution Good Citizen Award
Quincy Democratic Committee: Archie Wahlberg Scholarship for Public Service
QRTA: Harry A. and Louisa P. Beede Memorial Scholarship

Robert Walinjom
Rotary Club of Quincy Scholarship

Patrick Webber
NQHS Football Boosters Book Award

Joseph Whooley
NQHS Boys Basketball Boosters Book Award
NQHS Boys Soccer Boosters Book Award
Parent Advisory Council Spirit Award

Matthew Whooley
NQHS Football Boosters Book Award

Anisah Williams
City of Quincy: Koch Club Scholarship

Emily Wu
Zelda S. Heiko Memorial Scholarship

Isabelle Wu
NQHS AFROTC Scholarship
Quincy Medical Center Nursing Scholarship

Josie Wu
NQHS AFROTC Scholarship

Sophia Xie
QRTA: Barbara DeWolfe Memorial Scholarship

Jocelyn Yee
NQHS AFROTC Scholarship

Yanfeng Yu
NQHS Boys Volleyball Boosters Book Award

Jacky Zhang
George G. Burke Foundation Scholarship

Jacky Zhao
QRTA: Harry A. and Louisa P. Beede Memorial Scholarship

Ray Zheng
North Quincy Community Theater—Gregory Toland Scholarship

Elaina Zou
NQHS AFROTC Scholarship

Thomas Zou
Roland Small Scholarship

Nora Zraizaa
Quincy Lodge of Elks Scholarship

QHS Class Of 2023 Scholarship Recipients

Cont'd From Page 12

Mai Vo
Early College High School Pathways Scholarship

Almona Vojkollari
Chik Ching Law Memorial Scholarship

Lena Waldron
QHS Pride Scholarship
Firefighter John T. Austin Memorial Fund

Skylá Whelan
Paul D. Harold Student Grant
Quincy Rotary Club Scholarship
Archie Wahlberg Scholarship for Public Service

Brandon White
Joseph B. Halbert Memorial Scholarship
Wilfred A. Nolan Lions Club of Quincy Scholarship
John & Abigail Adams Scholarship

Jakai Whitfield
Quincy Retired Teachers Association Arthur H. Morrissey Memorial Scholarship
Paul Melody Memorial Scholarship

William Wismar
Bridgewater State University Book Award
Ned V. Mannai Memorial Book Award

Stephen Wright
John & Abigail Adams Scholarship

Anna Zheng
Quincy Education Association Madeline & William Nugent and James Riley Scholarship
Albert Francis Gilmartin Memorial Scholarship

Quincy Rotary Club Scholarship
Beatrice Priest Memorial Scholarship
Albert Francis Gilmartin Memorial Scholarship
John & Abigail Adams Scholarship

Congratulations
to the
CLASS OF 2023



City Clerk
Nicole Crispo & Family

Congratulations, Graduates!
Good luck in all of your future endeavors.



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Congratulations Class of 2023!

Anthony Andronico
WARD 2 COUNCILLOR





NICK HUGHES (center), son of Matthew and Kathy Hughes of Quincy, has been awarded a \$500 scholarship from the South Shore Plumbing and Gas Inspectors Association. Pictured left to right: Charles Hannaford, Quincy High School Plumbing Technology Instructor; Nick Hughes and Thomas Pecoraro, Chief Plumbing and Gas Inspector, City of Quincy. Nick is a 2023 Quincy High School graduate in the Plumbing Technology program. Nick's many accomplishments include a co-op position with Velocity Plumbing & Heating LLC of Quincy during his senior year at QHS. South Shore Plumbing and Gas Inspectors Association extends congratulations to Nick. *Courtesy Photo*

Two Lasell University Students From Quincy Take Part In Connected Learning Symposium

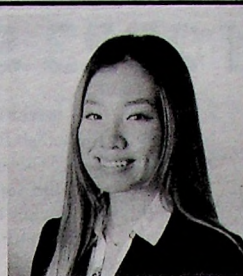
Two Lasell University students from Quincy recently presented original research, creative works, and academic presentations at the annual Connected Learning Symposium.

Jacob Lustig presented "Restorative Circles for Community Building," a

hands-on experience in which participants practiced empathy, worked on deep listening, and found common humanity. Lustig also presented "Creative Campaign for Inclusion: New Perspectives," which focused on work done in a sociology course to raise

awareness on mental health inequities.

Tran Quoc Huy Le participated in a ceramics presentation, "Perseverance Pays Off." Le also received the "Best in Show" award at the annual Symposium Student Art Showcase.



YIFEI CHEN



DANIEL FERRARA



MICHELLE NGUYEN

Five Residents Awarded Scholarships From Massachusetts Society Of CPAs

The Massachusetts Society of Certified Public Accountants (MassCPAs) announces five Quincy residents – Yifei Chen, Daniel Ferrara, Michelle Nguyen, Ngan Vo and Feng Xu – Quincy were awarded scholarships from the MassCPAs Educational Foundation's 2023 Scholarship Program.

The five Quincy residents and the scholarships received are:

Yifei Chen, Bentley University, MassCPAs Gold Alliance Scholarship.

Daniel Ferrara, Suffolk University, MassCPAs Silver Alliance Scholarship.

Michelle Nguyen, Suffolk University, MassCPAs Silver Alliance Scholarship.

Ngan Vo, Bentley University, MassCPAs Silver Alliance Scholarship.

Feng Xu, UMass Amherst, MassCPAs Silver Alliance Scholarship.

Fifty-one students were honored for their awards at MassCPAs annual, member-wide networking event, Connect 2023: Conversations & Cocktails, on May



NGAN VO



FENG XU

18. "The Society is honored to support these exceptional students who are the next generation of Massachusetts CPAs," said Amy Pitter, president and CEO of MassCPAs. "Their dedication and talent are truly inspiring, and they make us all feel confident in the future of the accounting profession. We are honored to be a part of their journey and look forward to their continued success."

Scholarships are funded 100 percent through donations to the MassCPAs Educational Foundation. The mission of the Foundation is to inspire and sup-

port the next generation of CPAs in Massachusetts, and since the program's inception in 2006, the Foundation has awarded over 300 scholarships to aspiring CPAs, ranging from \$2,500 - \$10,000 and totaling more than \$1,500,000. MassCPAs scholarships are available for both undergraduate and graduate accounting students who are attending a college or university in Massachusetts or attending a college or university out-of-state with a permanent residence in Massachusetts. Scholarship funds are issued directly to the students and can be used for tuition, books, interviewing expenses or other needs.

"MassCPAs is dedicated to fueling and diversifying the pipeline of future accounting professionals by addressing and removing barriers to entry, including the increasingly burdensome cost of education," said Allie Orlando, director of academic and career development at MassCPAs. "We are so grateful for our firm and individual donors who make this possible and look forward to supporting even more students in years to come."

Daniel Ferrara Earns Degree In Business Administration

Daniel Ferrara of Quincy recently graduated from Suffolk University Sawyer Business School with a Bachelor of Science in business administration major-

ing in accounting.

Ferrara graduated Summa Cum Laude and is a Sawyer Business School Honors Scholar. He is the son of Jim and Christine Ferrara.

Madelin Caggiano Graduates N.C. Agricultural High School

Madelin Caggiano of Quincy recently graduated from Norfolk County Agricultural High School in Walpole.

Caggiano received the following awards at Senior

Night:

Digital Credit Union Scholarship; John and Abigail Adams Scholarship; Proficiency in Environmental Science and Wollaston Garden Club Scholarship.

Kimberly Dunn Awarded Nursing Degree

Kimberly Dunn of Quincy was awarded a bachelor of science degree in nursing during Salve Regina University's 73rd commencement.

Three Residents Graduate Massasoit CC

Three Quincy residents recently graduated Massasoit Community College.

They are: Olivia DelPrete; Susan O'Connell Kingham and Andrew Zheng.

Congratulations



to the



Class of 2023

Stay Positive, Work Hard, Make It Happen.

Ward 1 Councillor Dave McCarthy

NINA LIANG
Councillor at Large

The City of Quincy is so proud of your success. Best of luck in your journey ahead!

CLASS OF 2023

Congratulations!



Social Security Matters

What If I Delay But Die Before Claiming Social Security?

By RUSSELL GLOOR

National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: Hypothetically, if I plan to sign up for Social Security at 70 and pass away before that, I will get nothing. My spouse would still get a boost in the amount she receives because I made more, but everything I put into the program vanishes. I haven't reached my full retirement age yet and I still have income, but if I sign up now at 63 my benefits will be withheld due to my income. Then at full retirement age (presuming I elected to claim earlier) a recalculation will take place and my monthly amount would be adjusted. Well, what happens if I decide to wait until 70 but pass away before I claim? Are my contributions repaid in a lump sum, or will I (or someone else) still lose everything? **Signed: Uncertain About My Future**

Dear Uncertain: You are correct that if you pass away before collecting your earned Social Security benefits you won't personally get anything. Social Security has, since inception, been a "pay as you go" program where those currently working and contributing to Social Security pay benefits for those currently receiving Social Security. That means that if you die before collecting, the monies you contributed will have already been used to pay other recipients, but the contributions you made may still entitle your dependents to benefits on your record. For those who are in their early 60s, average longevity is mid-80s, meaning your spouse would likely collect benefits on your record for more than two decades, any minor children could collect until they are adults, and any permanently disabled child you may have would get benefits from your record for the rest of their life as well.

The Social Security payroll taxes you contributed were not put into a private account in your name. And, on average, it is to the beneficiary's advantage the program doesn't work that way because that personal account would be depleted fairly quickly after you claim - rather than getting benefits for the rest of your life, you'd only get benefits (plus interest) from your personal account, which would run dry pretty fast. FYI, we have researched this very carefully and found that, on average, all payroll taxes contributed to Social Security by an individual will be recovered within about 5 years of starting benefits. The actual length of time to recoup one's contributions varies somewhat depending on lifetime earnings and contributions made, but lower earning beneficiaries will recover everything contributed through payroll taxes within about 3 years, while it could take as much as 5 years for higher earners to get back everything they've paid into the program. And for clarity, since self-employed individuals pay both the employee and employer portion of the payroll tax, it does take longer for those who own their own business to recoup what they've contributed. Nevertheless, on average, most who claim benefits will get considerably more from the program than they paid in Social Security payroll taxes.

As to your specific question, if you die before collecting, the contributions you made weren't deposited in a personal account for you and won't be paid out in a lump sum. Rather, the payroll taxes you paid while working were used to pay benefits to beneficiaries receiving at the time, and those working and contributing after you die will fund the benefits paid to your spouse or disabled adult child until they die, or to your minor children until they are adults. The Social Security benefits you earned aren't just for you - your eligible dependents will also benefit from your record.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisory@amacfoundation.org.

More Quincy news:

The Quincy Sun.com

FINANCIAL FOCUS: Four Ways To Use Cash Wisely

There has been a lot of talk about a "cashless" society, but it's not here yet. In fact, cash can still be a valuable element of your overall financial picture - if you employ it wisely. But how?

Consider these four key uses of cash:

- **Everyday spending** - Of course, you need sufficient cash on hand to pay for your cost of living - mortgage, debt payments, utilities, groceries, etc. You'll likely rely on your savings or checking accounts to pay for these needs.

- **Unexpected expenses and emergencies** - It's never a bad idea to establish a monthly budget. But, as you know, life is unpredictable - and sometimes you may encounter "budget-busting" expenses, such as a major home repair or a large medical bill. If you haven't planned for these costs, you might be forced to dip into your long-term investments, such as your IRA and 401(k), which can result in taxes, penalties and less money for your retirement. A better alternative is to prepare in advance by building

an emergency fund containing up to six months' worth of living expenses in cash, or at least in a highly liquid account, held separately from your regular checking or savings account so you won't inadvertently spend the money.

- **Short-term savings goal** - When you are investing for a long-term goal - especially retirement - you will likely need to own a reasonable percentage of growth-oriented vehicles, such as stocks and stock-based mutual funds. The value of these investments will fluctuate, so, if it's possible, you'll want to avoid selling them when their price is down - which may make them unsuitable for short-term goals. But if you're aiming for a goal that you want to achieve in a year or so - a wedding, a long vacation, and so on - you'll want to be sure a specific amount of money is there for you when you need it. Consequently, you'll want to put away cash for this type of goal, possibly in a short-term savings or investment vehicle that might

pay somewhat higher interest than a regular checking/savings account.

- **Source of investment** - In regard to your longer-term investment strategy, cash can play two important roles. First, it can serve as its own asset class, alongside other classes, such as stocks and fixed-income vehicles. Unlike these other classes - especially stocks and stock-based mutual funds - cash won't fluctuate in value, so it can potentially help lessen the impact of market volatility on your portfolio. And second, having the cash available in your portfolio gives you the opportunity to quickly take advantage of other investment opportunities that may occur. And you may be able to use your existing investments to help replenish the cash in your portfolio. For example, if you choose to take stock dividends in cash, these dividends can be "swept" into your brokerage account and held there until you're ready to invest them. (However, depending on your comprehensive financial strategy, it may be a good move to sim-



MARIE
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ply reinvest the dividends into the same stocks or stock funds.) Keep in mind that you won't want your investment accounts to contain too much cash, as its purchasing power can erode due to inflation.

By managing your cash efficiently, and putting it to work in different ways, you can gain some key benefits - and you'll help yourself to keep moving toward your short- and long-term goals.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Edward Jones, Member SIPC

Submitted by Marie O'Riordan Kelly, AAMS
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Quincy, MA 02169
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Marie.kelly@edward-jones.com

34 Quincy Students On Bridgewater Dean's List

Thirty-four students from Quincy have been named to the Dean's List for the spring semester at Bridgewater State University.

They are:

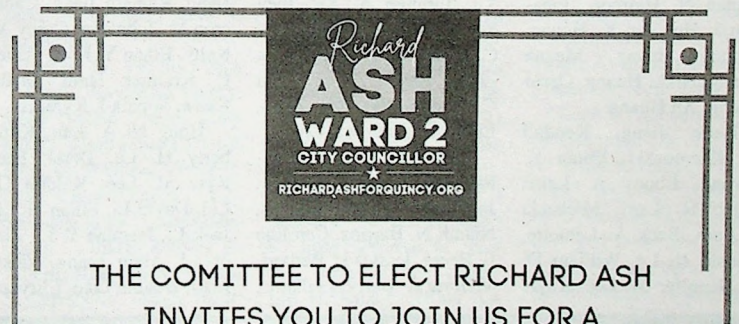
Adam Chan, Hayleigh Delaney, Emma Doherty, Kayleigh Donofrio, Liz Esdale, AJ Finn, Tyler Fowler, Harry Gaudiano, Lauren Golden, Rojin Jahangirian, Lindsey Keenan, Yeonsu Lee, Cuong Luong, Calla Macgillivray, Dan Maier, Eric Manter, Lorena Martinez, Shelby Maze, Matt McFarlane, Ava Meaney, Aidan Mulledy, Hannah Murphy, Jake Murray, Isabell Ng, Michael Nguyen, Riley Pascarella, Caitlin Perry, Courtney Ross, Megan Ross,

Peggy Tam, Brenna Tobin, Seamus Trainor, Qichao Zhang and Kerin Ziegler.

James Hooley Graduates Northfield Mount Hermon

James Hooley of Quincy an independent school recently graduated from founded in 1879 in Mount Northfield Mount Hermon, Hermon, MA.

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1,048 Students On NQHS Third Quarter Honor Roll

One thousand forty-eight students are listed on the third quarter honor roll at North Quincy High School.

DISTINCTION

Grade 12: Chika M. Akukwe, Brianna B. Alvarado, Liam T. Bailey, Olivia R. Bailey, Ines G. Barros, Naiara Bautista Minaya, Kate E. Billard, Kevin M. Blido, Julian M. Bokulich, Tristan C. Bowler, Anya M. Brenner, Benyapa Bunnrueng, Nathan C. Caldwell, Bridget A. Capone, Jack S. Cavicchi, Dahua Cen, Brian Chan, Candace Chan, Natalie Chan, Olivia L. Chan, Yuet Tung Chan, Yvonne N. Chan.

Arnold H. Chen, Brian Chen, Donna Chen, Hanying Chen, Jessica K. Chen, Justin J. Chen, Vanessa Z. Chen, Xingyu Chen, Anthony W. Cheung, Yumiko Chow, Dylan J. Clifford, Liam M. Cody, Ava M. Coffey, Jamie L. Collins, Oisin D. Coogan-Coyne, Caitlin M. Cormican, Katelyn E. Craig, Norah R. Cronin, Joyce Da Rocha, Dominique T. Dang, David J. D'Antona, Benjamin T. Dawe, Julian J. De Jesus.

Mary M. Dineen, Thien Nhan Dinh, Kevin Duong, Kristen P. Duong, Maya E. Egan, Nicholas E. Enbar-Salo, Anthony J. Enos, Weifeng Fang, Caitlin M. Feeney, Matthew S. Fitzgerald, Wing Seng Fong, Vivian W. Fu, Linda Gao, Aidalee B. Giordano, Hui Xian Guan, Ashna Guha, Ira Habiba, Ajanae N. Harmon, Jonathan J. Ho, Van K. Hoang, Jiahong Huang, Megan Huang, Nikki Huang, Oscar Huang, Xu Huang.

Katie Jiang, Kendall M. Kazmowski, Ethan K. Kwong, Ebony A. Lake, Caleb H. Lam, Michaela Y. Lam, Beck A. Lamotte, Donald N. Le, William D. Le, Jennifer M. Lee, Kayla

G. Lew, Isaac T. Li, Jason W. Li, Jianing Li, Jiawen Li, Kaitong Li, Hengwei Liang, Sahara Liang, Hedy Lin, Keyi Lin, Eileen Liu, Xiaorong Liu, Christine H. Loney, Cristian A. Lopez Verapaz, Amy Q. Lu, Tuan V. Ly.

Heidi Malushi, John Thomas M. Malvesti, Neil B. McCole III, Thomas J. McGillicuddy, Molly A. McGovern, Marcus W. Moore, Melanie Moy, Grant T. Murphy, Keira G. Murphy, Sophie M. Nerine, Abigail Newton, Isaac Ng, Diana T. Nguyen, Hoang Dinh Vy Nguyen, Huu Phuc Nguyen, Mitch J. O'Brien, Elizabeth G. O'Grady, Amanda L. O'Neill, Yijing Pan, Mia C. Peceovich.

Alex Pham, John R. Pickering, Madeline E. Power, Kevin M. Pritchard, Brandon J. Riley, Peter J. Romeo, Curtis Ru, Mia L. Ryan, Keiko E. Shafton, Zixian Situ, Asani T. Smith, Marybeth M. Smith, Alexander L. Stankov, Adeline Sun, Manlin Sun, Jeffrey Z. Tam, Jinglin Tan, Nicholas J. Tang, Steven Tang, Zachary Taylor, Sabrina Teng, Lun K. Tha, Jason Ton, Maxwell J. Toomey.

Kha Doanh Trac, Antonie D. Tran, Jada Tran, Lily Tran, Phuong N. Tran, Kaitlyn T. Vu, Patrick J. Webber, James Weng, Joseph K. Whooley, Matthew J. Whooley, Stella J. Wong, Isabelle Wu, Josie J. Wu, Zeyi Xiao, Christina Xu, Qitong Xu, Tammie A. Xu, Joey Yu, Alfonso K. Zeng, Jacky C. Zhang, Jacky Zhao, Allen Zheng, Ray L. Zheng, Zi Xi C. Zheng, Brandon Zhou, Elaina R. Zou, Ivan Zou.

Grade 11: Avery J. Abrahamovich, Lina T. Ahmed, Jonathan Jasper Baldini, Niamh N. Barrios, Caroline E. Beers, Jessica L. Berberi, Victoria A. Berry, Leilan L.

Bias, Anastasiya Bielova, Emma V. Bille, Elle M. Blahut, Emma M. Boylan, Ava F. Bryan, Elaine M. Cai, Helen N. Cao, Tina Cao, Patrick J. Cayer, Lillian E. Champagne.

Angela Chen, Brian Chen, Chris Chen, Chris C. Chen, Franklin Chen, Jasmine Chen, Jason Chen, Jiaqing Chen, Julia Y. Chen, Kevin Chen, Mabel F. Chen, Meiki Chen, Nelson H. Chen, Nichole X. Chen, Siying Chen, Steven Chen, Thomas Chen, Vicky Chen, Wen H. Chen, Xuan Chen, Yi Chen, Yong Chen, Zhi Chen, Elizabeth C. Cheung, Nicholas Cheung, Natasha Chieng, Nathan M. Choi, Arpa Chowdhury.

Kyle E. Clements, Grace E. Cody, David W. Connolly, Aluna J. Coogan-Coyne, Emma D. Cramond, Diana Dang, Kody L. De Jesus, Chase V. Deering, Christian X. Devin, Boubakar Diallo, Lian Duan, Keira S. Dunlea, Brian Duong, Ethan Duong, Huan C. Duong, Arli Dylja, Kayla Eth, Parker H. Evans, Loukas N. Fehan, Faye G. Fitzpatrick, Thomas M. Ford.

Gerry Gao, Raymond Gao, Brooklyn R. Geary, Madeline J. Gola, Paige P. Grippi, Stephanie Guan, Piper E. Henderson, Nora A. Hill-Hassani, Florence S. Huang, Katherine S. Huang, Xiaoying Huang, Xin Xiang Huang, Benjamin J. Huadach, Sophie T. Huynh, Jillian C. Jaehnig, Laura Jiang, Richard Jiang, Cameron M. Johnston, Casey A. Kelly, Ethan Y. Kim, Isabel C. Kraimer, Hnin Nanda Kyaw, Sophia J. Kyranis.

Hong Ni A. Lau, Kimberley H. Le, Derek Lee, Kyra M. Lee, Keldon G. Lei, David Li, Ethan H. Li, Jack Li, Jasmine Y. Li, Ziru Li, Aixin Liang, Vicky Liao, Wenbin Liao, Chryzza

Jane Las Librea, Charlotte J. Lin, Christine Lin, Jason C. Lin, Jiahao Lin, Raymond S. Lin, Ruhan Lin, Yan Lin, Yan Lin, You Lin, Danny Liu, Dennis Z. Liu, Oscar Y. Liu, Michael P. Lopez, Britney X. Louie, Grace E. Lowe, Shi Yan Lu, Kate J. Lyons, Megan F. Lyons.

Charlie Mai, Taylen R. Marquez, Charlotte R. McCarthy, Erin C. McCulley, Grace W. McGough, Lucy K. McLaughlin, Jackson J. Medeiros, Alex Mei, Danyan Mei, Vanessa Mei, Xiaobin Mei, Joseph Ethan A. Mercado, Kathy Q. Mo, Luca A. Mochi, Emma Molla, Juan E. Morales Bustos, Isabelle Ng, Ethan Ngo, Hoang Dinh Tri Nguyen, Kayla Nguyen, Owen Ni.

Autumn E. O'Campos, Enhea Panariti, Briana T. Pham, Christopher J. Pham, Nicky M. Pham, Grace M. Pickering, Jason T. Preziosi-Madden, Ruoxin Qiu, Emily Quach, Anushka Raj, Isabella C. Reyes, John T. Rixham, Brooklynn C. Rizzo, Anna R. Sekmokas, Benjamin Setow, Ryan C. Setow, Sophia R. Shaw, Violet F. Shaw, Yayi Situ, Sofija E. Slezas, Killian T. Sloan, Nina E. Smith, Caroline D. Snyder, Renee Y. Su, Abigale N. Szeto.

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Fanny K. Yang, Hongcheng Yang, Yuxi Yang, Jialin Yu, Anne Yuan, Jingyi Zhang, Kevin Zhang, Wilson T. Zhang, Eric Zhao, Janice Zhao, Daniel Zhen, Andy Zheng, Jamie Zheng, Jingxuan Zheng, Owen Zheng, Yalin Zheng, Laura Zhu, Roger Zhu, Jason Zhu, Connor J. Zynda.

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man, Stephen M. Byrnes III, Lillian E. Carey, Averie E. Carson, Thomas K. Chan, William Chan, Connie Che, Anna X. Chen, Catherine F. Chen, Cynthia Chen, Emily Chen, Hongwei Chen, Jessica J. Chen, Joey Chen, Kathley Chen, Maggie Chen, Melanie Chen.

Nicholas Chen, Samantha Chen, Wei Chen, Zeng Shi Hao Chen, Zhe Hao Chen, Nancy Chieu, Katelyn M. Collins, Ciel B. Connor, Meadow A. Cooper, Aidan Dao, Erin G. Della Barba, William C. Deng, Aakanksha A. Deshmukh, Mamadou Aliou B. Diallo, Anthony M. DiBella, Samantha J. Dopp, Antoni Duong, Athena Duong, Manlai Enkhjargal, Kameron J. Enos, Anders J. Eshelman.

Liam S. Faherty, Nancy Fang, Ava E. Ferolito, Zoey J. Ferolito, Shauna A. Foran, Chujun Gao, Joyce Gao, Katrina Gao, Maxwell F. Gaudiano, Michael F. Geary, Lauren C. Gillooly, Esmerelda A. Giordano, Iris F. Gjoka, Joao P. Goncalves Dos Santos, Fabiana Y. Guan Wei, Said A. Hamad, Miles C. Hastings, Anne S. Hays, Han Huang, Hugo J. Huang, Jason J. Huang, Jonathan Huang, Kevin Huang, Caitlyn C. Huynh.

Xuan-Mai C. Ippolito, Keilyn M. Irwin, Sophie Jiang, Calla G. Jones, Aya N. Kafih, Chung Ting Koo, Kelly Kwan, Rina J. Kwong, Trisha H. La, Alexia F. Laci, Alexander V. Lai, Sophia A. LaPenna-Hayes, Amy T. Lau, Tabitha P. Lee, Andy Li, Mignon Li, Spencer K. Li, Steven H. Li, William Y. Li, Yu Zheng Li, Zhenyu Liang, Allan C. Lin, Alvin Lin, Can Lin, Kalven C. Lin, Laura Lin, Ren Qiang Lin, Ryan Lin, Triston Lin, Vincent Q. Lin.

Austin G. Lio, Brian G. Lio, Charlotte W. Liu, Joanna Liu, Stanley Liu, Violet Liu, Katelyn C. Low, Francesca F. Luy, Vanston Lyy, Sophina Ma, Elizabeth A. Madden, Anthony A. Magnarelli, Yihang Mai, Joey Man, Aidan J. McCarthy, Emma M. McGov-

ern, John A. McGurty, Isabella D. McKenzie, Joanna Mei, Randy Mei, Chloe A. Melchin, Hannah E. Moriarty, Mandy A. Moy.

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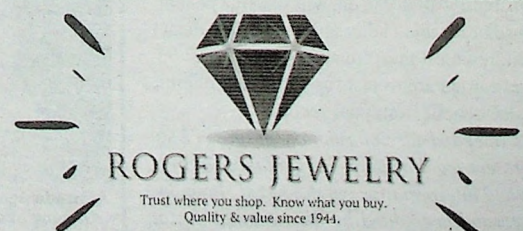
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705 Students On QHS Third Quarter Honor Roll

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Rebekah H. Dang, Nadia J. Dickerson, Mary A. Doherty, Ado Can Doru, Julia M. Dwyer, Mairead J. Folan, Mattea B. Garrett, Kloe Gora, Kaitlyn A. Gough, Rebekah H. Hall, Reyahanna T. Hanson, Bonnie Huang, Sophia Y. Huang, Nicholas J. Hughes, Ronak Jahangirian, Angelina S. Jewell, Alexandria G. Kane, Brianna C. Keddy, Shubham Kumar.

Sonny Le, Tiffany Le, Thomas W. Lebo, Alex A. Lei, Josephine W. Leung, Elysha A. Louis, Tess S. Louzan, Monique Lu, Meidong Ma, Shane M. MacNeil, Deekshita Madhalam, Syan G. Martin, William G. Martin, William K. McCoy III, Sean D. McInnis, Lilly P. McKeon, Brianna R. McKinney Roman, Christopher T. Moon.

Arisa L. Nakanishi, Devin T. Nellany, Casey V. Nguyen, Dante T. Nguyen, Emily Nguyen, Lena K. Nguyen, Lillian T. Nguyen, Nhi T. Nguyen, Trang T. Nhu, Dhriti Nijhawan, Jake M. Ollmann, Angela N. Pham, Kelly Phu, Sapphire Polynice, Dheeraj Aravind Prakash Viswanath, Connor W. Putnam, Uyen Nhi Quang, Kenneth J. Reale III, Alexander T. Rheault, Marissa R. Rodriguez-Davis.

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Samuel J. Traynor, Andy Truong, Jimmy Troung, Liam D. Van Gestel, Kaitlyn N. Vo, Skyla P. Whelan, Haixiang Yu, Jesse Zheng, Jiaxin Zhu.

Grade 11: Ryan A. Aistaid, Mina Al Tikriti, Tayf H. Alsaad, Artur Amado Da Moura, Amina Amimer, Francisca Eduviges A. Baduya, Jalaynah S. Barbosa, Katherine E. Bardwell, Bryan C. Barrera, Emma M. Bateman, Gaetano J. Belfort, Maria G. Bengoa Croatto, Abigail S. Bither, Amari J. Blair, Salma H. Boukhtam.

Ingrid Caetano Souza, Preston M. Cavin, Endi Cenomeri, Kelly W. Chan, Anita Chen, Sierra Chiang, Emily S. Chin, Kieran J. Collins, Grace M. Connor, Celia G. Cronin, Grace M. Cuniff, Sonia R. Dijkstra, Miguel S. Dos Reis, Aidan Q. Fisher, Devereux A. Fuller, Helena M. Galvani, Erin M. Garvin, Ciara M. Golden, Anilton Gomes Jr., Antonio R. Gonzalez, Giada Guarino.

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Meira A. Oakes, Monica Pascal, Nicholas J. Peddie, Victor Anderson H. Pereira, Dillan M. Perkins, An Pham, Lena N. Pham, Eva L. Picarski, Gordon D. Pina, Maia C. Popp, Margaret G. Potts, Alexia Qako, Elijah X. Ramdhanny Marshall, Navya Ramesh, Richard R. Ramirez Vasquez, Katherine C. Ramos, Sneha Rana, Gabriel L. Rodrigues, Declan M. Rogers, Robin D. Roldan.

Kaitlyn E. Sampson, Muskan Z. Shah, Mollie R. Smith-Gaeta, Yalena A. Sotelo-Cordero, Mia R. Stallbaum, Devin J. Stewart, Brianna-Mary L. Sullivan, Zi Ming Tan, Crystal Tang, Martina C. Thomas, Kyle

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Grade 10: Jennifer A. Acabal Lopez, Lauren K. Affleck, Callathea Alessandro, Layla A. Belfaid, Vivian D. Bentley, Kyrie M. Blue, Ashling M. Byrne, William Clarence D. Cabero, Megan M. Caldwell, Lillian R. Catrambone, Bradley R. Chaisson, Bishan Chen, Edward Chen, Nicholas Cheung, Bridget M. Colleton.

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Aden E. Le, Huong V.

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HONORS

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Allyson A. Liu.

Zhenyu Ma, Matthew C. MacWhinnie, Klaudia Mance, Dayanie E. Mejia Cisneros, Catherine G. Murray, Ashlee Nguyen, Liam J. Rogers, Yandiel O. Santana Batista, Caitlin M. Stockdale, Giai Nhien Trac, Nhut Quang Verrier, Robert U. Walinjom, Carmen Wong, Jiayu Zhen, Liting Zhou.

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Neponset River Watershed Association Collaborates With Partners To Reduce Flooding, Other Climate Impacts

The Neponset River Watershed Association (NepRWA) has partnered with the Town of Dedham, Weston & Sampson, and the Metropolitan Area Planning Council (MAPC), along with 12 Neponset Watershed communities, to undertake a comprehensive planning project for climate impacts. This collaborative effort aims to develop strategies to mitigate flood risk and facilitate more cooperative planning and implementation of strategies to reduce climate-related public health and safety risks in the region.

As part of this important

initiative, the project team invites the public to participate in a virtual public meeting on Thursday, June 15, starting at 7 p.m. The meeting serves as an opportunity to engage with community members and discuss the plans not only for reducing future flood risk in the region, but also strategies to facilitate regional cooperation. Meeting registration and survey information can be found at www.neponset.org/ClimateAdapt. Language interpretation services for the meeting will be available with pre-registration by June 8, 2023.

During the meeting, the project team will provide an overview of their progress to date, including the development of a computer model designed to identify areas most vulnerable to future flooding. Additionally, the team has been developing a framework through which partner communities can collaborate on future projects designed to improve community resilience in the face of climate-driven extreme weather events, such as intense wind, heat waves, and heavy downpours.

"Climate change isn't a theoretical risk—it's affecting us right now," said Kerry Snyder, NepRWA Advocacy director. "One effect is that more of our rain falls as heavy downpours, which can overwhelm exist-

ing municipal stormwater infrastructure. Communities need to know which areas are most vulnerable as those storms become more severe and more frequent."

For more information, contact NepRWA Advocacy Director Kerry Snyder at snyder@neponset.org or 781-575-0354. To register for the virtual meeting, visit www.neponset.org/Climate-Meeting

The project has been made possible by a Massachusetts Municipal Vulnerability Preparedness (MVP) Program grant awarded to the Town of Dedham earlier this year. Participating towns include Dedham, Canton, Foxborough, Medfield, Milton, Norwood, Sharon, Stoughton, Walpole, and Westwood, as well as the cities of Boston and Quincy.

The Neponset River Watershed Association is a grassroots, member-supported conservation group working since 1967 to clean up and protect the Neponset River, its tributaries, and surrounding watershed lands. To learn more, visit neponset.org



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WARD 2 COUNCILLOR Anthony Andronico (left) and Paul Hines, the city's commissioner of public buildings, recently visited the Fore River Clubhouse in Quincy Point. The building is partially open to the public as work continues elsewhere in the building.



BATHROOMS at the Fore River Clubhouse have been completely renovated and are now fully accessible. The bathrooms include porcelain tiles and plastic dividers, which won't warp like metal ones do. This picture shows the men's room. Quincy Sun Photos/Scott Jackson

Portion Of Fore River Clubhouse Open To Public

By SCOTT JACKSON

A portion of the Fore River Clubhouse is now available for the public to use as work at the historic Quincy Point building continues.

Ward 2 Councillor Anthony Andronico and Paul Hines, the city's commissioner of public buildings, recently toured the clubhouse on Nevada Road to get a first-hand look work

done to date.

"The building is 105 years old and was never properly cared for," Hines said upon entering the building, noting the wood-framed structure sustained "a lot of termite damage" over the

years and rotted in places.

The clubhouse had also been haphazardly renovated in the past, Hines added. Some columns inside the building were moved or removed, for example, while the exterior of the building

was cut into in places.

The city has been working to renovate the building for several years and Hines said that as the city has worked to correct one issue, other ones pop up.

"You do one thing and

then you realize everything else that it triggers," he said.

As one example, Hines noted the roof of the building had never been insulated before. That meant the city had to shore up the structure

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Councillors Conclude Departmental Budget Hearings

By SCOTT JACKSON

Over the course of two nights, city councillors completed their departmental budget hearings as their review of Mayor Thomas Koch's proposed \$405.78 million budget for fiscal year 2024 nears its conclusion. As part of those hearings, city officials announced the hiring of a new community liaison and that funding would be available for new events at the Ruth Gordon Amphitheater.

Before signing off on the fiscal year 2024 budget, councillors must still review proposed raises for department heads and other appointees. They are slated to discuss those pay increases on June 12.

Councillors held their first departmental hearings on May 22 and additional hearings during back-to-back sessions on May 30 and 31.

They reviewed a number of budgets on May 30, including the Quincy Police Department, Thomas Crane Public Library, the Traffic, Parking, Alarm and Lighting (TPAL) Department, and the Department of Natural Resources, all of which have new positions. They also approved the creation of a new downtown division, which would include employees currently paid out of other departmental budgets.

The following night, councillors reviewed the budgets for the Health

Department, Department of Public Works, the city clerk's office and the mayor's office, as well as their own budget.

The proposed \$40.29 million budget for the Police Department, up from \$34.57 million in the current fiscal year, includes a new position for a mental health clinician at a salary of \$97,600.

Police Chief Paul Keenan said the department currently has a clinician on staff, who is paid for through a grant from a private organization. The department is looking to add a second clinician and city officials anticipate receiving a grant from the Norfolk District Attorney's that would cover the salary and benefits for the new hire.

Keenan said having a clinician working within the department has paid dividends.

"I'm pretty pleased with this model," he said. "There are a bunch of different models that are floating around the country — mental health clinicians would respond first before officers, that would never work. This one does work. They respond with the officers. They are called to different scenes. They work directly with our community police officers on a day-to-day basis."

The chief, who is retiring in late June, said he believes additional clinicians could be brought on in the future.

"I think it's an area that could be expanded upon, because it is a valuable asset," he said. "I see the difference that it makes."

Councillor Anne Mahoney called the clinician "an incredible add for the Police Department."

"I can't imagine any of the things police officers potentially have to go to," she said. "It's an incredibly difficult job and having somebody that's trained in mental health could be the difference between a really dangerous thing and being able to de-escalate it really fast."

Councillor Nina Liang thanked Keenan for his leadership of the department over the past 15 years.

"We're the seventh or eighth largest city in this commonwealth, and you feel safe," she said. "You don't feel like you're in this major city with immense crime because of the leadership you bring to the table."

Keenan said most of the credit goes to the department's officers.

"I'll take just a little bit of the credit, but most of the credit goes to the men and women who show up every day for work and do the right things," he said.

The proposed budget for the Thomas Crane Public Library would increase from \$3.76 million to \$4.27 million. The position includes two new archivist positions at a salary of \$53,450 each.

Sara Slymon, who is finishing her first year as

the director of the library, said she wants to make its archives and special collections more accessible.

"Quincy is such an essential part of our nation's history and when I arrived we had deeply siloed our archives and special collections services basically with one person, and there was a turnover time of basically a year to get basic genealogy or local history questions answered, and that's just unacceptable," she said.

The library has special collections that include handwritten letters from a number of important figures, like John Quincy Adams and Frederick Law Olmstead, which have not been catalogued, Slymon said; the archivists would help catalogue and digitize those items. The archivists could also help with things like docent tours of the historic library buildings and take part in the Quincy 400 initiative.

Slymon highlighted a number of other initiatives for the coming year. They include a dedicated teen room at the main library on Washington Street, exterior work at the Adams Shore branch library, the beginning of a needs assessment for the Wollaston branch, and the start of a "library of things" that would allow residents to borrow items they might not have on hand like a stand mixer or cake pan.

Ward 3 Councillor Ian

Cain said the library has great services available for all residents.

"I've always appreciated the programming that the entire library system has to offer, but it's been a pleasure to watch you step into this role, to take over and add your own flair," he said to Slymon. "It's just such a great service that the entire system offers to every type of resident in the city and I always encourage people to pay close attention to the valuable programming we have here."

The budget for the TPAL Department would increase from \$3.23 million in the current fiscal year to \$3.37 million in the new one.

Ed Grennon, the head of the department, said the budget eliminates a general foreman position, which has been vacant for more than two years, and increases the number of traffic maintenance workers from one to three. Each of the maintenance worker positions has a salary of about \$47,600.

Hiring the new maintenance workers will allow the department to add a new maintenance crew, Grennon said.

"There is one crew that takes care of all the signage, all the pavement markings, does all the block offs for the parades, for the entire city," he said. "Adding the two [new workers] will allow us to have two crews, which will be beneficial I think."

The Department of Natural Resources budget is split between three separate entities — cemetery, parks and recreation.

The recreation budget would increase from \$979,000 to \$1.27 million. The budget would provide funding for a new recreation operations supervisor position at a salary of \$72,800 and would also boost the line item for recreation leaders and other hourly staff from \$619,000 to \$799,000.

Michelle Hanly, the city's recreation director, said the new supervisor position would allow the department to expand its offerings.

"There is only three full-time staff in the recreation department. I'm asking for a fourth so I can continue to expand and I can actually see my family sometimes," she said.

During the hearing on the recreation budget, Dave Murphy, the city's commissioner of natural resources, said the city's celebrations budget — a separate \$400,000 budget approved the following evening — included \$10,000 for programming on Fridays this summer at the Ruth Gordon Amphitheater.

Murphy said that Sara Trainor Callard, the daughter of the late T. Owen Trainor, the architect who designed the amphitheater, is working with a team to come up with plans to renovate the space. Murphy said

Cont'd On Page 34

Portion Of Fore River Clubhouse Open To Public

Cont'd From Page 19

supporting the roof before adding insulation because the roof would not be able to hold snow in winter otherwise; snow simply melts off an uninsulated roof because of the heat from the building below.

In addition, Hines said that because the clubhouse is a public building, not a private one, any work done inside must be ADA compliant.

"In a public building, everything you do has to be accessible, no matter the cost," he said.

A portion of the clubhouse, including the main lobby and the room with a fireplace located on the right-hand side of the building, is now back open to the public, Andronico said. In recent weeks, a family used the room for a child's birthday party and the Quincy Public Schools used it as a staging area for the Quincy Multicultural Festival, which took place at the adjacent Fore River Field.

"It is a necessary space and to have it partially opens makes a difference," Andronico said, adding that the community "is excited to have this space open to use."

While the Department of Public Buildings is overseeing the ongoing work at the clubhouse, the use of the space is controlled by the Department of Natural Resources.

The lobby of the clubhouse has two new bathrooms and a temporary bathroom is open in the fireplace room. That bathroom will eventually be converted into a kitchenette so that both sides of the clubhouse would have a kitchen space. That means two separate groups could use the clubhouse at once, and both would have access to kitchen areas.

"You can have separate events in the two spaces so that more people can use it," Andronico said.

The room on the left-hand side of the building, where a kitchen had been located, remains a work in progress. Hines said the next step in the process would be installing a new HVAC system in the building and after that is complete "you can start putting it all back together."

Hines said he would likely seek to use community preservation funding to install the new HVAC system. Alternatively, he could seek to use federal Community Development Block Grant funds for the work.

Andronico added that it is important to get the funding in place so that the work is done right to "make sure we're not doing this again

20 years from now."

The kitchen that had been located in the left-hand side of the building has been removed. Hines said the city has brought on a consultant to design a new kitchen for that space.

"It won't be a full industrial kitchen, but we want something more than a hot-plate," he said.

Not only would the kitchen be available to the various groups who use the clubhouse, Hines said the new kitchen would also be important should the city decide to use the building as an emergency shelter. The clubhouse is not in a flood-prone area, he noted, and is one of the few city-owned buildings in that section of Quincy.

A sprinkler system would have to be installed in the building before the city could use it as an emergency shelter, Hines added.

The left-hand side of the building includes a space formerly used by the now defunct Quincy Point Panthers football team. Hines suggested that area could one day be used as a satellite senior center.

Andronico said he would like to see senior programming at the clubhouse, given that Ward 2 has the largest senior population in the city and that the Kennedy Center is on the opposite end of Quincy.

"Having senior programming in this part of the city is something I would like to accomplish," he said.

Tom Clasby, the director of the Quincy Council on Aging, on May 30 told city councillors senior programming could return to the clubhouse as soon as this summer utilizing the already open portion of the building.

Work has also taken place in the basement of the clubhouse — where a boiler and coal shoot were removed and new control panels were installed — and on the second floor of the building.

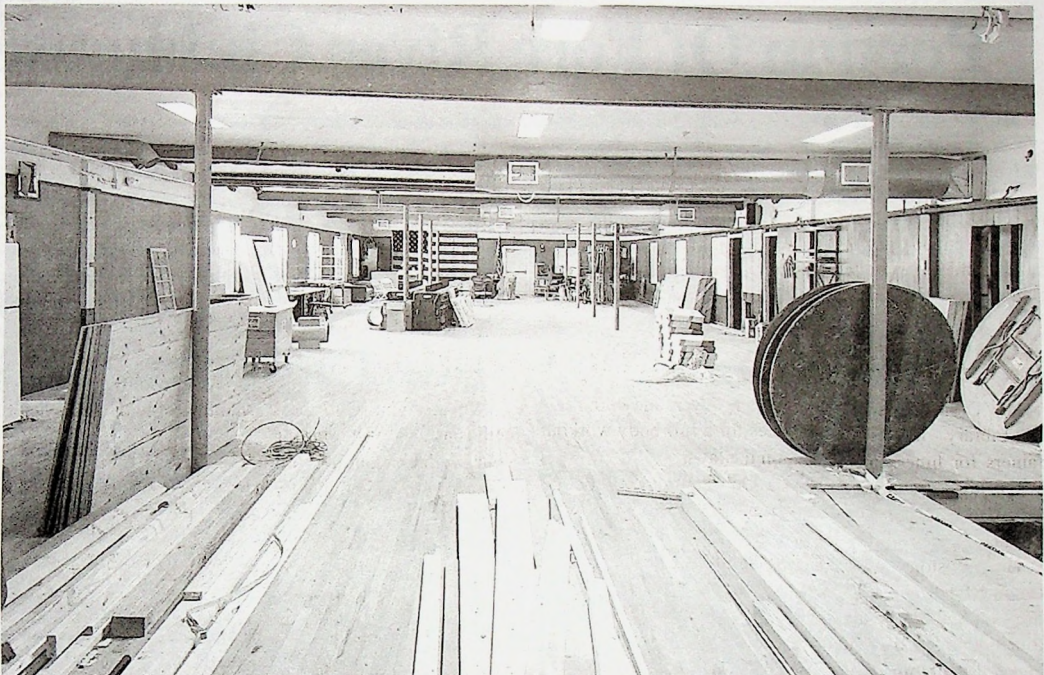
The second floor of the clubhouse has additional space that could one day be used by the community. To keep the building ADA compliant, Hines said an elevator would have to be installed before the second floor could open to the public. The city will leave space available where an elevator could be installed in the future, but there are no plans to add one now.

Andronico said it would make sense to open both spaces on the first floor of the building and see how those are utilized before making a decision about the elevator.

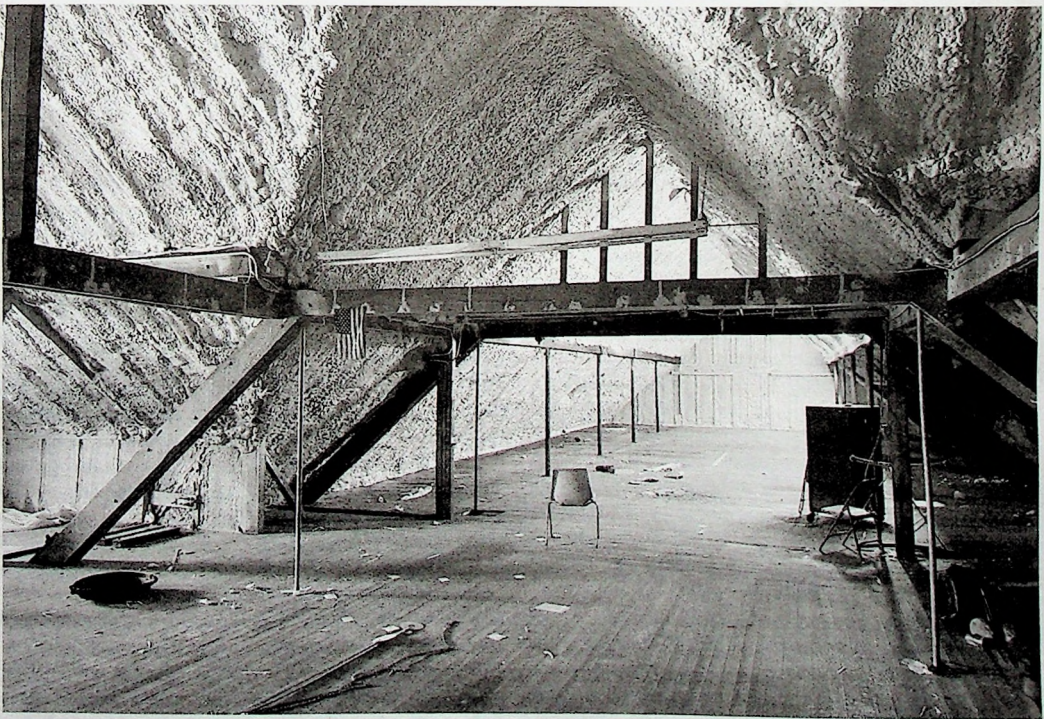
The councillor said that he appreciates the work be-



FIREPLACE ROOM, located on the right-hand side of the Fore River Clubhouse, is back open for use by the community. It has been used in recent weeks for a child's birthday party and as a staging area for the Quincy Multicultural Festival.



WORK CONTINUES in the left-hand side of the clubhouse, which is not yet back open to the public.



SECOND FLOOR of the Fore River Clubhouse. The space has been cleaned and could one day be made open to the public, though there are no plans to do so immediately. The insulation seen under the roof in this picture is all new.

Quincy Sun Photos/Scott Jackson

ing done by the Department of Public Buildings to renovate the clubhouse.

"We had structural [issues], asbestos, roof and chimney leaks, electrical, fire alarm, bathroom acces-

sibility and ADA compliance...The list is so long," Andronico said.

"We have been working on it. It's taking a while to do but the reason is it is 105 years old."

The work on the clubhouse so far has been financed by a \$75,000 state appropriation, a \$125,000 appropriation from the city's community preservation fund, and a \$500,000

federal CDBG grant, Hines said. He also noted that Andronico's predecessor, Brad Croall, was able to solicit donations of exterior building materials, like windows, for the project.

QH Citizen Advocates To Host Community Meeting June 15

Quarry Hills Citizen Advocates will host a community meeting on Thursday, June 15th at 6:30 p.m. at the Thomas Crane Library to discuss the proposed 99-year lease at Granite Links.

Organizers say the meeting topics will include trails, sport fields, financial accountability and oversight related to current lease ob-

ligations. The advocacy group is asking the city to develop a new vision for Quarry Hills that includes negotiating a better financial deal for the taxpayers and creating a master plan that endeavors to improve recreational benefits for future generations.

Quarry Hills Citizen Advocates is a group of Quincy

and Milton residents with a variety of experience including attorneys, environmentalists, public-policy professionals, engineers, architects, and scientists who seek to share their professional guidance for public good. Quarry Hills Citizen Advocates can be reached at qhccitizenadvocates@gmail.com.

Free Concert Sunday At ANHP Carriage House

Looking for a way to explore the Adams National Historical Park, 135 Adams St. in Quincy and enjoy some classic and contemporary tunes? Gather at the Carriage House Sunday, June 11th from 2 to 3:30 p.m. for a free concert featuring The Conchords, an acapella ensemble with a wide repertoire of songs encompassing the Great American Songbook, classical, holiday, doo wop, and more.

The event doesn't require tickets and is open to the public.

The Conchords are Larry Gall, baritone; Lauren Evans, alto; Rex Morrill, bass; Rick Moore, tenor; Pamela Schweppe, soprano and Olof Johnson. They have performed together for the past nine years for both public and private events in Massachusetts and New Hampshire. Each member has each sung for decades in their own careers both as soloists and members of other groups before finding that they love joining each other in acapella harmony the most.

Adams National His-

torical Park opened June 7th. Tours of the homes are available by reservation only.

Tickets for tours can be purchased from 60 days up to 24 hours prior to your anticipated visit. Adult tickets cost \$15, children ages 16 and younger can come for free. Go to rec.gov to purchase tickets.

It is strongly encouraged for tickets to be purchased in advance. Any day of tickets can be purchased on a first come, first served basis at the Visitor Center, 1250 Hancock St., Quincy Center.

'Sweat Saturdays' At The Crane Library

The Thomas Crane Public Library invites local trainers for fitness meetups on the lawn on the second and fourth Saturdays of summer.

The Boston Bulldogs Running Club kicks off the series on Saturday, June 24, from 9:30 to 10:30 a.m. with a guided walk/run throughout Quincy where all fitness levels are welcome.

On Saturday, July 8, from 10 to 11 a.m. and Saturday, Aug. 12, from 10 to 11 a.m., Jeremy Colon of Revamp Training invites you to test

upper, lower, and core muscles for a full-body workout on the lawn.

On Saturday, July 22 from 10 to 11 a.m. Korina Nigro of KNF Fitness boosts confidence and energy with a fun and uplifting outdoor cardio kickboxing workout.

Completing the series on Aug. 26 from 10 to 11 a.m. join Higher Ground Fitness for a total body, high intensity, low impact workout on mats that mimics HGF's unique Lagree Fitness and Megaformer machines.

Whether you're a fitness enthusiast or just starting your wellness journey, this series offers something for everyone. Get ready to sweat and have fun while enjoying some fresh air and the beautiful library grounds.

Registration for Summer Sweat Series sessions is encouraged. Email Rosie at quref@ocln.org to reserve your space. Visit the Crane Library's online Events Calendar for more information and more happenings at TCPL.

Quincy-Based Compass Medical Abruptly Closes Facilities

Cont'd From Page 3
ed industry standards and guidelines for the orderly winding down and closing of a medical practice."

On June 3, Dr. Bruce Weinstein released a statement to the media as the president of Compass' board of directors. He said the company knew of the impending closure five days

before hand.

"Compass Medical's closure became a necessity on Friday, 5/26/2023 when our plan to continue operations collapsed," Weinstein wrote.

Weinstein added that he was proud of the steps Compass had taken to assist patients and employees since the shutdown.

"Compass has mobilized [its] limited remaining resources to stand up a [website] to assist patients, locate their providers, to preserve the medical records and access to them after our closure, and provide a plan to assure continuity of care for our 70,000 patients, including the provision of on-call coverage during this transition," he wrote.

Road To Responsibility Gala At Granite Links Sept. 28

Road to Responsibility, a nonprofit organization supporting individuals with intellectual and developmental disabilities, will host its 35th Annual Gala Thursday, Sept. 28 starting at 6

p.m. at Granite Links Golf Club in Quincy.

This year's annual mission-driven event, with the theme Making Lives Better, will feature a cocktail reception, a mobile bidding auc-

tion and dinner – along with a special program highlighting RTR's impact on the individuals they support and the community.

Returning as emcee for the evening will be Candy O'Terry, a popular radio broadcaster, podcaster, singer, songwriter, and speaker coach, who at last year's Gala delighted the more than 250 business and civic leaders, community members, and friends and supporters of RTR who attended.

Sponsorship opportunities and tickets are available now. Contact Erin Cohen at ECohen@rtrinc.org for more information or visit <https://roadtoresponsibility.ejoinme.org/2023>.

Four Quincy Residents Earn Degrees At Clark University

Four Quincy residents recently earned degrees at Clark University in Worcester.

Kushala Mannem graduated with a Master of Science in information technologies. Mannem is also a member of the Alpha Epsilon Lambda honor society.

Ryan Colby Fiasconaro graduated with a Bachelor

of Arts with highest honors in geography.

Stephen Norris graduated with a Master of Business Administration.

Elvis Shyta graduated with a Master of Science in project management. Shyta is also a member of the Alpha Epsilon Lambda honor society.



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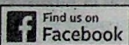
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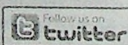


Quincy Access Television
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Quincy, MA 02169



QATV

www.qatv.org
617-376-1440
617-376-1441



Public Access Channel 8

Thursday, June 8
8:30pm: QATV Sports
Friday, June 9
7am-9:10am: LIVE: AM Quincy w/ Joe Catalano
11:00am: LIVE: Currently in Quincy
Saturday, June 10
12:00pm: QHS Graduation Ceremony
2:00pm: NQHS Graduation Ceremony
7:15pm: LIVE: Flag Day Parade & Ceremony
Sunday, June 11
11:30am: Quincy Point Cong Good News
1:00pm: The Call
Monday, June 12
2:00pm: The Steve Rudolph Trio
7:00pm: AM Quincy: PorchFest 2023 Preview
Tuesday, June 13
5:00pm: Alive & Kickin'
8:00pm: Flag Day Parade & Ceremony (replay)
Wednesday, June 14
10:00am: Talking Bulletin Board
8:00pm: QATV Sports

Government Access Channel 9

Thursday June 8
4:00pm: Board of License Commissioners 6/6
5:00pm: Zoning Board of Appeals 6/6
Friday June 9
7:00pm: Health Links: Aging Strong
8:00pm: A Conversation w/Councillor Anne Mahoney
9:00pm: Concerts @the Crane: Jean Danton
Saturday/Sunday, June 10/11
9:30am: For Your Health: Camps
10:00am: Good Deeds: Quarterly Update
12:00pm: MA House of Representatives
4:00pm: A Conversation w/Councillor Anne Mahoney
6:00pm: TCPL Events Calendar: Wild About Harry
Monday June 12
6:00pm: TCPL Events Calendar: Wild About Harry
6:30pm: LIVE: City Council incl. Public Hearing
Tuesday June 13
4:00pm: Board of License Commissioners 6/6
6:00pm: Zoning Board of Appeals 6/6
Wednesday June 14
6:00pm: In the Know: Lead Abatement Program
7:00pm: City Council incl. Public Hearing 6/12

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

Police Chief Paul Keenan Retiring This Month

40-Year Career With Quincy Police Department

By SCOTT JACKSON

Paul Keenan, Quincy's police chief for the past decade and a half, is retiring later this month, bringing to an end his 40-year career with the department.

"I'm really going to miss the job," he said recently. "I've really loved it."

Keenan will be retiring on June 22, days after he turns 65, the mandatory retirement age for police officers in Massachusetts. A native of Wollaston Hill and a 1976 graduate of North Quincy High School, Keenan joined the Quincy Police Department in August 1983, was promoted to sergeant in 1991, lieutenant in 1995 and captain in 2005 before being named chief of police in July 2008.

During the recent interview, the police chief said he had been interested in a career in law enforcement from a young age.

"It was just a job that I always wanted to do," he said. "From when I was a young kid, I was always interested in detective work and that type of thing, so it was always something I had an interest in. I went to work for an ambulance company out of high school and I got even more familiar with the police and the fire service."

"It was really something I really enjoyed. I liked the emergency work and especially liked the police work."

Keenan said the biggest change in policing over the course of his four-decade career has been the new technology that has become available to both police and residents.

"Technology has really changed the way that officers do their jobs and how they handle their jobs," he said. "When I started, we didn't even have portable radios. We had cruiser radios but not portable radios, so a lot of times you'd be walking a beat and you'd see the cars go flying by you and you wouldn't know where they were going."

"Then everybody got issued a portable radio and

then eventually that led into cellphones and cellphones made a huge difference in policing, both in evidence gathering and collection and also people taking pictures of officers doing inappropriate things and things like that. I think it works to keep the officers honest. The younger officers always know that they're being photographed and filmed and they're fine with it. The older officers took a little bit of adjustment to get to that point where they were fine with it, but it's got a lot of good."

"We use a lot of video, like Ring camera technology," he added, "to solve crimes, so technology has changed tenfold. That's probably the biggest change in policing."

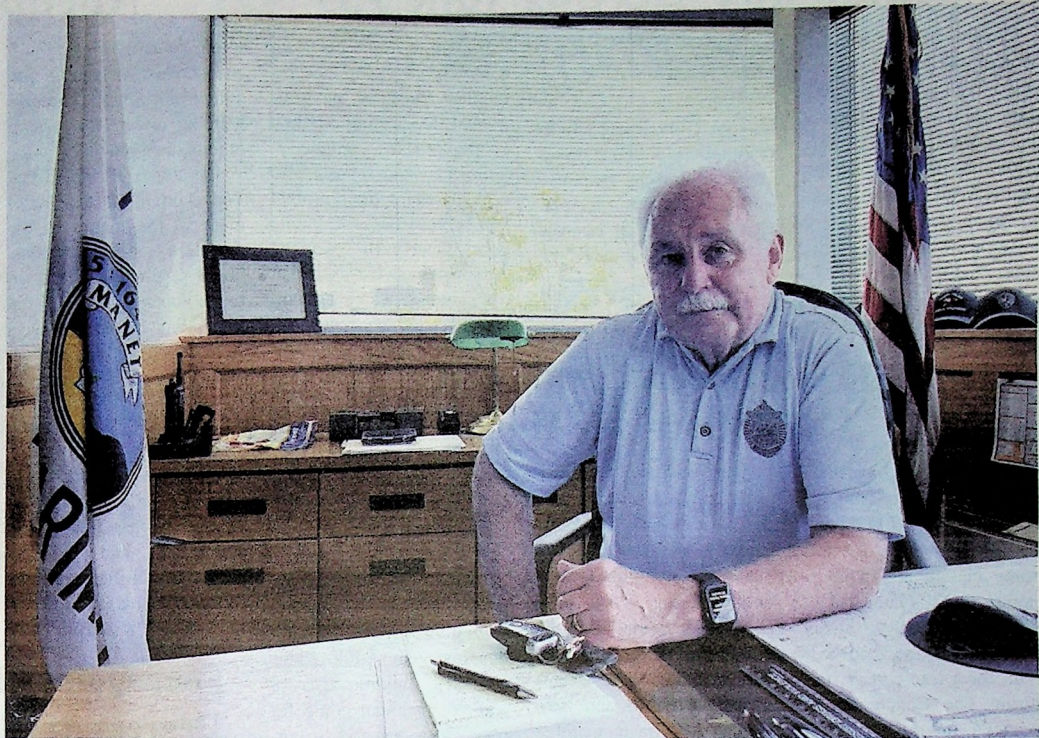
In addition, Keenan said the today's police officers are better educated than they were in the past.

"Before when I first started, a lot of the officers didn't have formal education. Now just about everybody in the department has a formal education. There are very few that don't," said Keenan, who attended Quincy College, Southern New Hampshire University and Curry College, where he earned a master's degree.

There have been a number of changes in the Quincy Police Department over the last 15 years with Keenan at the helm, including the first-in-nation initiative to equip each officer with Narcan, the overdosing-reversing drug.

"The Narcan was a huge program. That basically is now nationwide and that took off from its inception here in Quincy," the chief said. "We've also got a domestic violence advocate, a full-time domestic violence advocate — she's full-time but she covers here I think and Braintree. She works out of the station here. She has full access to all of our information and our reports, police reports and that type of thing, so she's able to do her job very well."

"Now we have that new clinician, mental health clinician. He's been here for a year or two but now he's formally a full-time em-



POLICE CHIEF PAUL KEENAN will be retiring June 22, ending his 15-year run at the helm of the Quincy Police Department. "I've been blessed to be able to serve the citizens of Quincy and it's a great community to live in and work in," he said recently. Quincy Sun Photos/Scott Jackson

ployee for us."

"We have a large marine unit. We've always had a marine unit, but now it's gotten a little bit larger, a lot more equipment," the chief added. "We've got a SWAT team that we never had before. We've got crisis negotiators that we never had before. We've increased the size of the drug unit — with the opioid epidemic going on, we've increased that."

"We have a full fleet of dogs, both drug dogs, patrol dogs and bomb dogs. We've increased the motorcycle unit. We've put together a police bicycle unit as well that responds all over, goes to a lot of our events. Sometimes we get called into Boston to assist them with events. We've got a drone unit. We don't use it for surveillance. We take it out for events and things like that, larger events, just to keep an eye in the sky."

"We have a public information officer that we never had before full-time. Karyn Barkas was our full-time public information officer and now it's Gregg Hartnett."

In recent years, as other police departments around the country were facing turmoil, Keenan said the Quincy Police Department has increased its outreach to the community.

"We try and do a lot more



PAUL KEENAN, who is retiring following a 40-year career in policing, said he was interested in law enforcement from a young age. He joined the Quincy Police Department in August 1983. Here Keenan is pictured with a portrait of Francis Flynn, who was the chief of police at the time and is also Quincy's longest-serving police chief.

community outreach now than we ever did. We do fundraising for different charitable events — Cops for Kids with Cancer is one of the big ones we do. We grow the beards, No Shave Novem-

ber, and donate the money to Cops for Kids with Cancer. We've done that for years," the chief said.

"We're trying to get really in touch with the community and stay as close as

we can with the community. That's one of the things I think a lot of these cities and towns are lacking. We're lucky in Quincy we have a good population that really

Cont'd On Page 46

Five Residents On Lasell Dean's List

Five students from Quincy have been named to the Dean's List for the spring semester at Lasell University in Newton.

They are:

Brittini Bastiani, Kiet Nguyen, Xhoana Cuni, Leah Forte and Sorcha Quinn.

Houghs Neck Church Strawberry Festival June 17

The Houghs Neck Congregational Church "Strawberry Festival" will be held Saturday, June 17 from 9 a.m. to 3 p.m. at the church, 310 Manet Ave., Quincy.

There will be entertainment, vendors, snacks, activities and homemade strawberry shortcake. Mark your calendar and invite your friends and neighbors.

American Rebels With Nina Sankovitch

Bestselling author, award winning historian, and a voracious reader, Nina Sankovitch joins Thomas Crane Library (online) on Tuesday, June 13, from 7 to 8:30 p.m.

In addition to being profiled in the New York Times about her year of reading a book a day, she has written for the New York Times, the LA Times, Vogue, the Huffington Post, and other

media, and is the author of four books of nonfiction, with a fifth coming out in 2023 about the life of a revolutionary era non-gendered minister fighting to save the soul of America.

Sankovitch will talk about her book, American Rebels: How the Hancock, Adams, and Quincy Families Fanned the Flames of Revolution, focusing on the

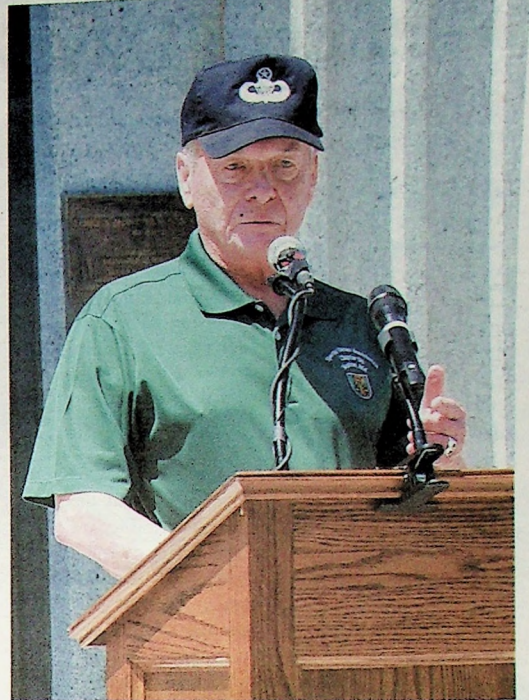
forgotten story of Josiah Quincy Junior, rebel leader, diplomat, lawyer, and prolific pamphleteer.

Join online via Zoom for this program or view it on the Crane Library Youtube channel.

The program is sponsored by the Friends of the Thomas Crane Public Library.



QUINCY VETERANS COUNCIL Commander Steve Dunlea, center, escorts Gold Star Mothers Angela Durkin, left, and Gladys Caldwell, right, to place wreaths in Hancock Cemetery honoring Quincy military personnel who died fighting for the country during the Quincy Memorial Day ceremony May 29.
Quincy Sun photos/Tom Gorman



MEMORIAL DAY CEREMONY keynote speaker, retired Army Sergeant Major Robert Perchard, a retired Quincy police detective lieutenant, addresses the gathering at Hancock-Adams Common.

Memorial Day Solemn Salute To Service, Sacrifice

By SCOTT JACKSON

The guest speaker at the city's annual Memorial Day observance encouraged those in attendance to reflect on the sacrifice made by the scores of Quincy residents who were killed in service to their nation and are now honored with memorial squares throughout the community.

Hundreds gathered on the morning of May 29 for the observance at the Hancock-Adams Common in Quincy Center. The ceremony, held under an azure sky on a breezy, 65-degree day, was preceded by the annual Memorial Day parade up Hancock Street.

A retired sergeant major in the US Army and a retired lieutenant in the Quincy Police Department, Robert Perchard was the guest speaker for this year's Memorial Day observance. Perchard recalled how he and his wife, Linda, were asked a dozen years ago by the late Larry Norton to do



SOUTH WEST MIDDLE SCHOOL students Kiara Moore and Meiya Griffin sing "God Bless America" at Quincy's Memorial Day ceremony at Hancock-Adams Common May 29.



WREATHS PLACED at the Revolutionary War memorial in Hancock Cemetery honor Quincy servicemen who fought and died on "land and sea to establish the independence of the United States of America."

Cont'd On Page 24

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Memorial Day Solemn Salute To Service, Sacrifice

Cont'd From Page 23

research on George Underwood — who was killed in the Vietnam War — as the city prepared to rededicate his memorial square outside the Merrymount School.

"Larry Norton knew I was a high school classmate of George, so he asked me and my wife, Linda, if it was possible to put a package together containing his military information, and we said we would do our best," Perchard said.

"Linda was able to gather information on George from Ancestry.com and after making a number of phone calls I was able to eventually contact three people that served with George in Vietnam...his team leader, who lived in Washington, DC, his team sergeant, who lived in North Carolina, and his team senior medic that lived in Pennsylvania.

"Even though 50 years had passed, I could still hear the emotion in their voices. I was able to gather a lot of information on George and his time in Vietnam, and they also sent me a number of photos of him as well."

After that dedication, Perchard said Norton asked his wife to research the remaining Quincy men memorialized on the Vietnam Veterans Memorial Clock Tower in Marina Bay.

"The dedication went well, and Larry was so pleased with Linda's research he asked her if she would research all of the remaining soldiers on the clock tower at Marina Bay. She readily agreed," Perchard said. "There were three or four dedications a year until all the names on the wall had a folder with their military information in it. They all had a plaque and a pole placed as near as possible to where they grew up."

Once the research on the Vietnam veterans was finished, Perchard said he and his wife decided to research every Quincy service

member memorialized with squares citywide.

"After that task was completed, Linda and myself made a decision to research all Quincy soldiers that had been recognized and given a memorial plaque as a result of losing their lives in earlier wars. Many dated back to World War I," he said.

"We were able to obtain a list of all memorial dedications in the city and the total came to 83. On Sunday mornings, when there was not much traffic, we would locate three or four of these memorials, photograph the plaque, which gave Linda enough information for her research."

That research is now complete, and a packet containing each individual's information is available at both the office of Veterans' Services Department and the Thomas Crane Public Library, Perchard said.

"Each plaque has a story. How many times have you walked or drove by a memorial site and never really given it much thought?" Perchard said. "They all represent a soldier that gave his life for our country."

"As we know, freedom is not free. Please take a moment today to reflect on these brave men."

Perchard also encouraged anyone who sees a plaque in need of repair to notify the city.

"If there is a dedicated plaque in your neighborhood, and it is in disrepair or missing, please notify the veterans' office so they can have it repaired or replaced," he said. "We owe it to these men who sacrificed so much for us."

Christine Cugini, the city's director of veterans' services, said it is important to remember the sacrifice made by fallen service members not just on Memorial Day, but every day.

"We gather on this solemn occasion of Memorial Day to honor and remember the brave men and women



A DECORATED JAMES R. McINTYRE Government Center (old City Hall) backdrops the Hancock-Adams Common as residents, officials, and veterans gather for Quincy's Memorial Day ceremony May 29. Quincy Sun photos/Tom Gorman



NORTH QUINCY HIGH SCHOOL Junior ROTC color guard leads a contingent in the Memorial Day parade.

who made the ultimate sacrifice while serving our great nation. We honor the heroes of all wars, and it should not be just on Memorial Day, but every day, through our daily life, with a commitment to ensure that America remains a place worthy of such sacrifice," Cugini said. "To our Gold Star families, we take this moment to reflect on the sacrifices

of your service member and promise that their sacrifice and service will never be forgotten — and it is up to all of us to carry their legacy forward and never forget."

She also noted that this year's observance, which was moved a new location because of ongoing work at Mount Wollaston Cemetery, was being held steps away from the Hancock Cemetery

where veterans of the Revolutionary War are interred.

"With the ceremony taking place here this year, I wanted to remind you of the historic Hancock Cemetery and the 189 soldiers buried there, and if it wasn't for those brave soldiers — patriots — our world would be a very different place,"

Cugini said. "May we never forget the sacrifices made by all of these brave individuals, and may we always be grateful for their service to our country."

Mayor Thomas Koch reflected on the true meaning of Memorial Day.

"From Bunker Hill to

Cont'd On Page 25



COMBINED QUINCY-NORTH QUINCY marching band performs in the Memorial Day parade.



AMERICAN LEGION POST 95 member Fred McCray, right, recites "In Flanders Field" as Veterans Services member George Bouchard, left, pauses.

Memorial Day Solemn Salute To Service, Sacrifice

Cont'd From Page 24

Gettysburg, the Argonne, Normandy, Guadalcanal, Chosin Reservoir, the jungles of Vietnam, the sands of the Middle East and the mountains of Afghanistan, we've lost tens of thousands of men and women in defense of freedom around the world," he said. "That is the true meaning of today."

The mayor also reflected on the scene near the end of the World War II film "Saving Private Ryan," where Tom Hanks' character, mortally wounded by enemy fire, tells the titular Private Ryan to "earn it" by living a life worthy of the sacrifices made to save him.

"I would ask the question rhetorically to each of us, have we earned it?" Koch said.

City Council President Noel DiBona thanked the city's cemetery workers for their effort in the lead up to the holiday, and those in attendance at the observance for their presence.

"Many families and friends are visiting cemeteries, laying wreaths and flags at graves. Thank you to the city of Quincy cemetery department for all your hard work and dedication to our



QUINCY POLICE MOTORCYCLE unit leads the Quincy Memorial Day parade on Hancock Street.

cemeteries across the city," DiBona said.

"We are very fortunate here to continue our tradition in Quincy, Massachusetts, with a nice Memorial Day parade and ceremony. Thank you to everyone that is here today. You are a spe-

cial group of people that care and respect the true meaning of Memorial Day - to honor the men and women that made the ultimate sacrifice for our freedom."

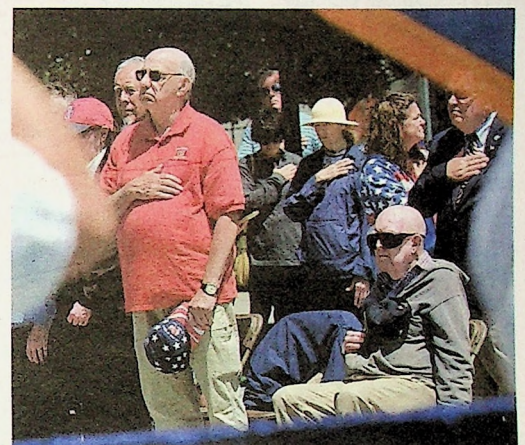
This year, as in year's past, wreaths were placed on the tombs of John and

John Quincy Adams within the crypt at the United First Parish Church as part of the parade. Steve Dunlea, serving his second stint at the commander of the Quincy Veterans' Council, said it is surreal being there for the



A YOUNG PARADE-GOER sports some cool shades and helps wave a flag during the Quincy Memorial Day parade.

Quincy Sun photos/Tom Gorman



RESIDENTS PAUSE during Taps to honor the city's fallen war heroes.

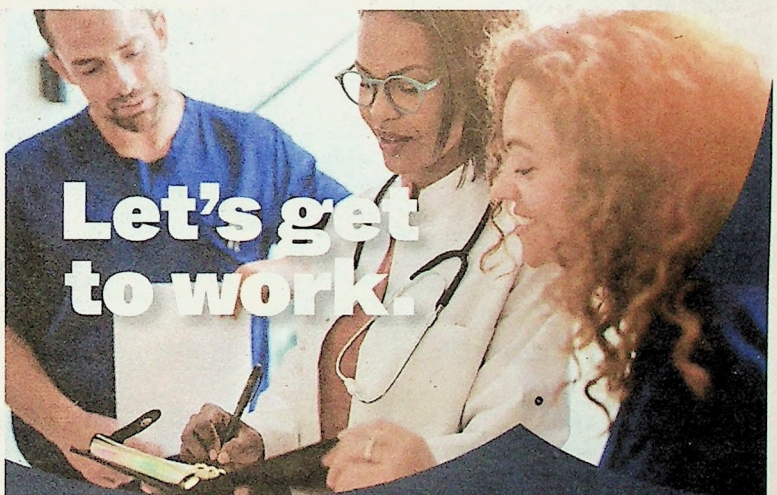
Cont'd On Page 27



MIKE NORTON, left, leads the Pledge of Allegiance at Quincy's Memorial Day ceremony May 29 at Hancock-Adams Common. At right is Quincy Veterans Services Director Christine Cugini.



QUINCY HIGH SCHOOL senior Mallory Rimovitz, left, sings the "Star Spangled Banner" as Quincy Veterans Services Director Christine Cugini, left, pauses.



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Snug Harbor Community School Memorial Day Observance

The Snug Harbor Community School held its annual Memorial Day ceremony May 26 at the school.

The ceremony included members from Quincy American Legion Post 95 and other veterans' organizations; the Quincy and North Quincy ROTC and Rifle Squad; Snug Harbor students, community leaders and members of Germantown Gold Star Families whose family members paid the ultimate sacrifice.

Remembered at the ceremony were:

Sgt. Edward Gargano, USMC January 8, 1984 Lebanon; Lt. Peter J. Landry, USAF November 5, 1970 Vietnam; Cpl. Gerald R. Peterson, USMC November 6, 1968 Vietnam; L/Cpl. John W. Gramatan, USMC July 5, 1967 Vietnam; Pvt. 1/C Robert W. Leaman USA September 19, 1951 Vietnam; Cpl. Fredrick H. Graves, USA August



13, 1950 Korea; Seaman Joseph W. Sullivan USN May 11, 1945 USS Bunker Hill; and Sgt. Henry L. Grenier USA December 23, 1944 Belgium.



Photos Courtesy Snug Harbor Community School





MAYOR THOMAS KOCH offers remarks at the Quincy Memorial Day ceremony May 29 at the Hancock-Adams Common. *Quincy Sun Photos/Tom Gorman*



QUINCY VETERANS SERVICES Director Christine Cugini welcomes the gathering to the Memorial Day ceremony at the Hancock-Adams Common.



CITY COUNCIL PRESIDENT Noel DiBona addresses the ceremony.

Memorial Day Solemn Salute To Service, Sacrifice

Cont'd From Page 25

wreath laying.

"When you go into that church and you go down into the tomb of John Quincy Adams, Abigail Adams and John Adams, it's hard to explain. It's surreal. It's like a chill," Dunlea said.

"It is one of the highlights of the day doing that, and John Adams should not be forgotten, and neither should Abigail because,

without Abigail, I don't think we'd be here because she was the backbone for John Adams."

During the observance, Dunlea accompanied Gold Star families as they placed a pair of wreaths — one with red, white and blue flowers and the other in the shape of a Gold Star — at the Revolutionary War memorial inside the Hancock Cemetery.

The Rev. John Swanson

delivered the invocation and benediction at the beginning and ending of the observance.

"It's part of our DNA as Americans to honor our flag, to remember our veterans, and today we remember those — as the cliché says, which is not a cliché — those who are forever young, many of them buried in fields far away," said Swanson in the invocation. "So,

let's remember, it's no cliché, freedom is not free, and let us ever be grateful for our freedom and our flag."

Five Quincy Public Schools students participated in the ceremony this year. Mike Norton of Central Middle School led the audience in the Pledge of Allegiance, Mallory Rimovitz of Quincy High School sang "The Star-Spangled Banner," Fiona Saro of

North Quincy High School read Gov. Maura Healey's Memorial Day proclamation, and Kiara Moore and Meiya Griffin, both from South West Middle School, sang "God Bless America."

During the ceremony, Charles Hurd, the commander of Quincy Post 95, read Gen. John Logan's 1868 order proclaiming "Decoration Day." Quincy Veterans' Council Senior

Vice Commander Ally Sleiman read President Abraham Lincoln's Gettysburg address. Fred McCray, a past commander of Post 95, read John McCrae's poem "In Flanders Fields."

The observance also included a roll call, read by Dunlea and George Bouchard, the city's grave registration officer, of members of local veterans' organizations who have died this past year.



ALLY SLEIMAN of the Quincy Veterans Council recites the Gettysburg Address.



QUINCY AMERICAN LEGION Post 95 Commander Charles Hurd recites Gen. John Logan's Order.



QUINCY VETERANS COUNCIL Commander Steve Dunlea talks about how Memorial Day evolved.

Parade, Fireworks Celebrate Flag Day Saturday

The nation's longest-running Flag Day Parade will take place on Saturday, June 10th. The parade will step-off at 7 p.m. and be followed by a flag-raising ceremony at Pageant Field at 8:15 p.m. The night will culminate with fireworks over Black's Creek at approximately 9 p.m.

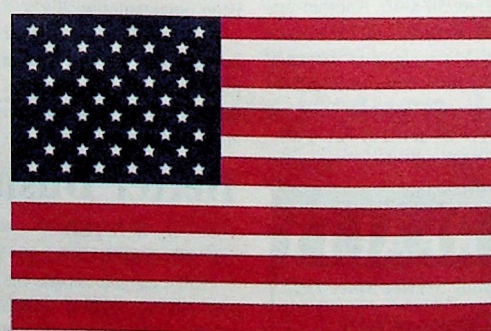
The parade will step off on Coddington Street by Spear Street, head north up Hancock Street, turn onto Merrymount Parkway and wrap up at Vietnam Veterans Drive and Adams Field. This year's parade will feature 10 bands/drum corps, more than a dozen specialty units, public safety and veterans' color guards, floats,

and more than 1,000 flag-waving youngsters.

Musical performers this year will include Windjammer Dixieland Band, Boston Crusaders Sr. Drum Corps, Defenders Sr. Drum Corps, Branches Steel band, Uncle Sam's Patriotic Band, Northeast Italian Band, Quincy/North Quincy Marching Band, New Magnolia Jazz Band, Old Colony Bag Pipe Band, and the Roma Band.

Quincy Police Chief Paul Keenan, who will be retiring from the department this month after a 40-year career in law enforcement, will be honored as the parade's grand marshal.

Also receiving recognition on Saturday will be Mi-



chelle Stenberg who will receive the 2023 Richard and Simone Koch Youth Service Award winner. Stenberg has been very active at the Quincy Youth Arena for more than two decades.

The Flag Day Parade was started by Richard (Dick)

Koch Sr. in 1952 when he led a group of youngsters around Norfolk Downs and finished with a flag-raising at Cavanagh Stadium. The parade has grown significantly through the years and fireworks were added in the 1990s.

"There's no greater tradition in our city than the Flag Day Parade," said Mayor Tom Koch. "It is an incredible community celebration of our flag and the values that it represents. It is the unofficial kick-off to summer and always the best day of the year. I am looking forward to seeing the thousands of people that join in the celebration that evening."

At Pageant Field, a 50-foot by 80-foot American flag will be raised over the crowd to the tune of "You're A Grand Old Flag." A ceremony recognizing the parade grand marshal and the Richard and Simone Koch Award winner will follow.

Singer Dan Clark will entertain the audience with a medley of patriotic tunes.

The evening will culminate with a fireworks show over Black's Creek from Pyrotecnico Fireworks (formerly Atlas Fireworks); the same company that performs the July 4th show at the Esplanade.

"It's great to see so many new faces enjoying our city's traditions," Koch said. "This event represents the best of our community with so many local organizations, youth groups, and residents participating in the parade. I encourage everyone to come out and enjoy this wonderful event."



Real Estate

Quincy Real Estate Transactions May 30 - June 2

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER	BUYER	AMOUNT	ADDRESS
Copeland Living LLC	51 Copeland Street LLC	\$960,000.00	49-51 Copeland Street
Copeland Living LLC	51 Copeland Street LLC	\$2,290,000.00	53-57 Copeland Street
Arjan Keka	Sabato Depasquale	\$634,900.00	69-71 Avalon Avenue Unit 69
Xiaoming Pu & Yuan Yao	Dana Pagliuca	\$498,500.00	123 Elm Street Unit D5
Yong Y. Zeng	Shu H. Jiang, Anthony Mei & Tony Mei	\$889,000.00	36 Warren Avenue
Dana Kern	Marita Rigolizzo	\$455,000.00	10 Seaport Drive Unit 2517
Yan Yan & Shougang Zhuang	Chengen Xu & Hui Zhou	\$529,900.00	77 Adams Street Unit 304
Teng Zhang & Na Lin	Khoa N. Pham	\$855,000.00	10-12 Bedford Street
Boyd Realty Trust	Xia & Peng Chen	\$693,000.00	341 Granite Street
Anthony G. Laberge	Stewart Joran	\$356,000.00	91 Washington Street Unit 16
James E. Flynn	Nicholas Malames & Seanna Greene	\$640,000.00	48 Ocean Avenue
290 Riverview Realty Trust	Thomas J. Hayduk	\$337,000.00	133 Cmdr. Shea Boulevard Unit 407
Kenneth W. Augen & Catherine F.			
Daniel J. & Nicola F. Pakkala	Quincy Health Spa LLC	\$650,000.00	81 Copeland Street
Rasl LLC	Frommelt Properties LLC	\$300,000.00	300 Congress Street Unit 316
Hayssam & Nassim Matta	Shu Wang & Nan Chen	\$728,000.00	30 Prout Street
Atherton Realty LLC	Lauren Loschiavo	\$900,000.00	7-9 Atherton Street
Quincy Avenue Realty Partners LLC	Victoria R. O'Connor & Connor M. Bertram	\$740,000.00	188 Quincy Avenue Unit A-4
Christine Ji	Huog T. & Hoa T. Truong	\$675,000.00	18 Cliveden Street Unit 403W

O'Donnell Promotes Foreclosure Assistance Programs

Notices To Foreclose, Foreclosure Deeds On Rise

Norfolk County Register of Deeds William P. O'Donnell reminds Norfolk County homeowners who are struggling to pay their mortgage or facing foreclosure that there are consumer programs available to help them out.

Notices to foreclose and foreclosure deeds are on the rise due to a number of factors affecting not only Norfolk County residents but Massachusetts homeowners as a whole.

A statistical review of the past five months shows an increase in foreclosures, particularly notice to foreclose mortgage filings, the first step in the process. Over this time period, a total of 33 foreclosure deeds and 161 notices to foreclose were recorded. February saw the most notices to foreclose with 43 in one month.

"Higher home prices,

mortgage interest rates above 6 percent, and an increased cost of living are all factors that could be contributing to the increase in the number of foreclosures and notices to foreclose we are seeing recorded at the Registry," O'Donnell said. "With that said, we realize that while Norfolk County is a destination location to both live and work, but there are still some of our neighbors facing economic hardships."

To help those facing issues paying their mortgage, the Registry of Deeds has partnered with upstanding non-profit agencies by promoting their services when it comes to mortgage modification and foreclosure programs.

NeighborWorks Housing Solutions (NHS) offers a multitude of services with the aim of helping homeowners maintain safe, affordable, high-quality housing and grow their financial skills. NHS' services include rental assistance, emergency financial help, shelter and homelessness prevention, first-time homebuyer educa-

tion and counseling, financial coaching, foreclosure prevention, affordable residential and small business loans, and the construction and management of high-quality rental housing across Southern Massachusetts.

Since 1965, Quincy Community Action (QCAP) has been providing anti-poverty services in the Greater Quincy region. This includes basic needs such as food and nutrition, fuel assistance, affordable housing, quality early education and care, adult education and workforce development, and financial education. QCAP helps more than 100 communities, and more than 28,000 individuals benefit from QCAP services annually.

Homeowners can contact Quincy Community Action Programs at (617) 479-8181 x-376 or NeighborWorks Housing Solutions at (508) 587-0950 x-46. Another option available is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at (617) 727-8400. "All of these agencies

provide a range of assistance, from helping with the mortgage modification process to providing legal services to offering credit counseling," O'Donnell said. "If you are having difficulty paying your monthly mortgage, please consider contacting one of these non-profit agencies for help and guidance."

For more information on these and other support options, go to the Registry's website at www.norfolkdeeds.org, click on the Support tab, and then click on the subtab that mentions Foreclosure Assistance.

"Counselors can help homeowners understand their mortgage terms, negotiate with their lender, and develop a plan to avoid foreclosure," O'Donnell said. "There are legitimate resources available to help homeowners in distress, but it is important to be cautious and do your research before trusting any company promising quick solutions."

O'Donnell also warned homeowners against falling prey to for-profit companies that offer loan modification and credit counseling ser-

vices but charge an exorbitant fee.

"Unfortunately, foreclosure rescues and mortgage modification relief are becoming a growing scam. In some cases, unscrupulous for-profit foreclosure relief and mortgage modification companies are preying on vulnerable homeowners," O'Donnell said. "They make unrealistic promises and charge a lot of money for doing so. If one of these companies is telling you something that is too good to be true, it probably is. Please check out any for-profit foreclosure relief and mortgage modification company before entering into a contract with them."

To avoid falling prey to for-profit companies that offer loan modification and credit counseling services but charge an exorbitant fee, residents can check the Better Business Bureau or consumer protection websites to see if there are any complaints against the company.

O'Donnell concluded:

"The Registry is proud of its commitment to helping those facing a mortgage delinquency or foreclosure

by directing them to the appropriate agency that can hopefully put them back on the road to financial recovery. I urge people who feel that they need such services to contact the agencies referenced above."

To learn more about these and other Registry of Deeds events and initiatives, "like" us on Facebook at facebook.com/norfolkdeeds. Follow us on Twitter and Instagram at [@norfolkdeeds](https://twitter.com/norfolkdeeds).

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information. All land record research information can be found on the Registry's website, www.norfolkdeeds.org. Residents in need of assistance can contact the Registry of Deeds Customer Service Center at (781) 461-6101 or email us at registerodonnell@norfolkdeeds.org.



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Better Business Bureau Moving Tips

By BETTER

BUSINESS BUREAU

How can you choose the best moving option - one that fits both your needs and your budget? Knowing your options (and the perks and downsides of each one) can help you save money and safely transport your belongings.

Option 1: Full-service moving companies

Hiring a full-service moving company is a low-

er-stress way of getting all your belongings from Point A to Point B, advises Nerd Wallet, a BBB Accredited Business. Professional movers manage the logistics of loading, driving, and unloading your things for you. Some full-service movers even offer extra services like packing.

Trained movers can safely pack and transport large and/or delicate items (think pianos and antique furni-

ture). They can also move items into hard-to-access areas, such as upstairs or down long, narrow driveways. Best of all, all the heavy lifting will be done for you.

The downsides of hiring a full-service moving company are the cost and the time it takes to complete a move. This is usually the most expensive way to move your belongings.

Cont'd On Page 30

WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Quick & Easy Macaroon Cookies

By MARIE

How about baking a cookie that has only three ingredients?

Today's recipe for a chewy coconut macaroon is just that. From start to finish it takes about 15 minutes to bake this delicious treat.

Preheat Oven to 350-degrees, grease a cookie sheet

Ingredients and Directions

2 8 ounce packages of shredded coconut - unsweetened

1 15 ounce can of sweetened condensed milk

2 teaspoons of vanilla

Mix all ingredients together until well blended.

Drop from teaspoons onto a well-greased cookie sheet.

Bake in a moderate, 350-degree oven for 8 minutes.

Place on a wire rack to cool.

This recipe makes about 4 and a half cookies. If you use a tablespoon the yield won't be as many.

Gazpacho

By SUZIE

Gazpacho is a delicious light soup that is served cold, loaded with flavor and nutrient dense. Not for the faint of heart, onions, peppers, and garlic really shine through. Served with some grilled fish or chicken and really good bread, dipped in olive oil.

The original recipe traced back to Roman times used bread, water, vinegar, oil and salt. It became a very common food for peasants and shepherds. There are red gazpachos, (made with tomatoes) white gazpacho, and even green gazpachos. The longer your gazpacho sits, the better the flavor is!

3 large ripe tomatoes, chopped roughly

1 large cucumber, chopped roughly

1 large red pepper, chopped roughly

1 cup chopped red onion

¼ cup extra virgin olive oil

3 cups organic tomato juice (I like R Knudsen brand)

2 tablespoons sherry vinegar

1 serrano or jalapeno pepper seeded and thinly sliced

1 clove garlic minced

Dash of sugar (I use coconut sugar)

Watercress for garnish

Simply place all vegetables a little at a time in food processor and process. DO NOT OVER DO IT! You want some chunks in there for sure.

Now whisk in olive oil, garlic and tomato juice as well as vinegar.

Season to taste with sea salt and pepper, and sugar. Let sit for at least an hour.

Sausage Roll

By MARIE

Our family has many food traditions including making all kinds of bars, cookies, desserts, and breads.

Although there are many recipes for bread, I found this one quite different because today's recipe for sausage bread is made like a jelly roll. It is easy to cut and serve in nice sized pieces for those who just want a taste.

Prepare a cookie sheet with parchment paper, pre-heat oven to 375 degrees

Ingredients and Directions

1 package of fresh dough

6 sweet Italian sausages

1 green pepper, chopped

1 small onion, chopped

2 eggs

½ cup grated Romano Cheese

1 clove of garlic, minced

½ teaspoon salt and pepper

Remove casing from sausage and sauté for about 20 minutes. Set aside.

Sauté peppers and onions, and add to sausage. Set aside.

Then make egg mixture: Beat 2 eggs, grated cheese, minced garlic, salt and pepper all together.

Grease a cookie sheet with olive oil and stretch dough out to about ½ inch thick.

Brush part of the egg mixture over the dough.

Spread sausage mixture over dough leaving ½ inch on all sides.

Roll the dough jelly-roll style the long way.

Pinch ends closed with seam on bottom.

Brush remainder of egg mixture over dough and bake in preheated oven.

Bake for 25 to 30 minutes in a 375-degree oven until the top is lightly browned.

Movie Review: 'The Little Mermaid'

By BOB GARVER

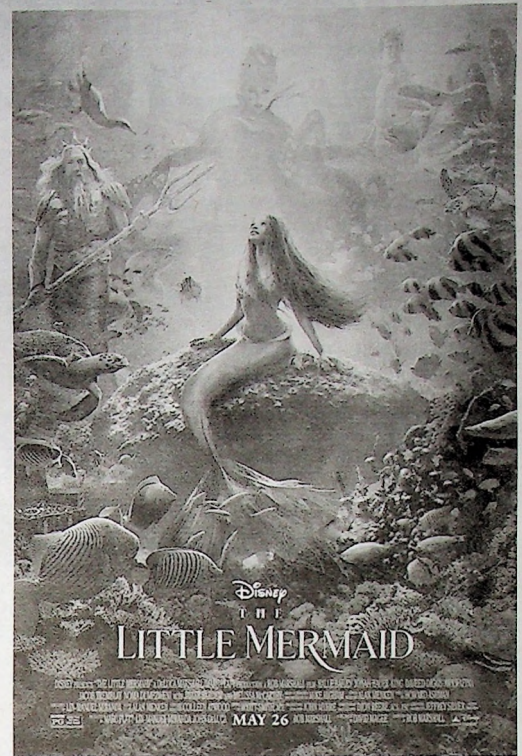
Back in 1989, the animated version of "The Little Mermaid" ushered in what came to be known as the "Disney Renaissance," an era of creative and commercial prosperity where the company reclaimed its position as the king of animated family entertainment.

Now in 2023, the company is looking to a live-action version of "The Little Mermaid" to put it back on top of that mountain, minus the animation. Sure, the MCU is doing well, but the studio hasn't really been connecting with younger audiences lately, at least not at the box office. The pandemic forced "Soul," "Luca," and "Turning Red" to go directly to streaming. "Raya and the Last Dragon" opened too soon after theaters reopened to be a blockbuster, "Encanto" didn't perform as well as its legacy would suggest, and "Strange World" simply did not find an audience.

"The Little Mermaid" brought in \$117.5 million domestically over the four-day weekend, representing the fifth-highest Memorial Day weekend opening all-time.

The best performer since 2019 was last year's critical flop "Lightyear" with \$118 million domestic.

The story, as before, is that mermaid princess Ariel (Halle Bailey) wants to leave underwater life behind and live on the surface with humans, especially the hunky Prince Eric (Jonah Hauer-King). Her father, King Triton (Javier Bardem), forbids her from so much as visiting the surface, and enlists his crab servant Sebastian (Daveed Diggs) to keep an eye on her. A falling-out between father and daughter sends Ariel right into the tentacles of opportunistic sea witch Ursula (Melissa McCarthy), who offers Ariel a chance to be human for three days. If she can get a true-love's kiss from Eric in that time without using her voice, she can stay human forever. If she fails, she



becomes Ursula's slave. She sets out on the adventure of a lifetime on land, aided by Sebastian and her friends, fish Flounder (Jacob Tremblay) and stork Scuttle (Awkwafina). Can she get the kiss despite Ursula's scheming?

The good news is that the musical numbers fans love are well-translated here with excellent vocals from Bailey and Diggs and some gorgeous choreography. I was mimicking bits of "Part of Your World," "Under the Sea," "Poor Unfortunate Souls," "Kiss the Girl," and Ariel's non-lyrical siren song for days after I saw this movie, much to the annoyance of people around me. Also, the cinematography is beautiful with luscious blues and greens (sadly not red though, I miss Ariel's vibrant red hair) and Bailey and Hauer-King have delightful chemistry as they fall in love.

The bad news is that the film goes for some additions that don't work. The new songs range from well-meaning-but-unmemorable (Eric's "Wild Uncharted Waters") to downright painful (Scuttle's "The Scuttle-

butt," which may mark the single lowest point in composer Lin-Manuel Miranda's career). Eric is given a parallel storyline similar to Ariel's, which does add some much-needed depth to his character, but also results in some eye-rolling redundancy. The CGI-heavy climax pales in comparison to the genuinely tense animated version. And I really hate to say it, because her singing and mute scenes are terrific, but Bailey is often wooden when speaking her lines.

It all balances out to a pretty good movie, perhaps the best of Disney's live-action remakes of their animated classics. The kids at my screening loved it, though I may have just been hearing particularly high-pitched adults. The animated version is still superior, but this new "Little Mermaid" is a decent successor and a great way to introduce the iconic story and characters to a new generation.

Grade: B-

"The Little Mermaid" is rated PG for action/peril and some scary images. Its running time is 135 minutes.

Sheriff's Summer Safety Fests Return To Norfolk County

Norfolk County Sheriff Patrick McDermott announces the Sheriff's Summer Safety Fests are returning to Norfolk County this summer, with dates scheduled for three locations across the county.

The Sheriff's Summer Safety Fest events are family-friendly fun days organized by the Sheriff's Office designed to provide a chance for families to gather for fun and exciting events while also getting information and resources to make summer fun safer and more enjoyable.

"Summer is a great time to live in Massachusetts — from our plentiful beaches to excellent hiking opportunities and more," said Sheriff McDermott. "The Sheriff's Summer Safety Fests are our way to help you kick off the summer with a fun and exciting time while also getting prepared to enjoy these activities safely. Whether it's our Touch-A-Truck space, high ropes course experience, safety demonstrations, or resource tables, these events will have something for everyone."

Three Sheriff's Summer Safety Fests are planned in Norfolk County this summer in June, July, and August. Each event is free and open to the public and will include local community organizations, public safety resources, and a variety of games and activities for all ages. The Norfolk County Central Labor Council is also conducting food drives at each event in coordination with United Way, and attendees are encouraged to bring a donation of non-perishable food items to help families who may be facing

food insecurity in Norfolk County.

The first Sheriff's Summer Safety Fest will take place on Saturday, June 17th, from 11 a.m. to 2 p.m., at the NCSO Public Safety Complex in Braintree at 2015 Washington St. The Braintree event will include an opportunity for the public to try out the NCSO's high-adventure ropes course, inflatable obstacle courses, K9 demonstrations, and more. The Sheriff's Office recommends that the public follow their social media channels (@NorfolkSheriff

on Instagram, Facebook, and Twitter) for announcements of new partnerships and activities.

Additional events in July

Yard Sale June 24 At First Parish In Milton

First Parish in Milton will hold its annual yard sale on Saturday, June 24 from 9 a.m. to 1 p.m., at 535 Canton Ave. in Milton.

There will be art, books, collectibles, home furnishings, kitchen gadgets, sports equipment, toys, tools, and clothing for all ages, includ-

ing a jewelry counter and a high-end clothing boutique.

The annual fundraiser supports the mission of the church, including many social justice programs. The proceeds will be used to support congregational programs and outreach.

On Friday, May 26, at approximately 12:39 p.m. multiple 911 calls were received reporting a working fire at 64 Willard St., which is a large apartment building. Quincy Police, Fire and Brewster Ambulance all dispatched multiple units to the scene.

On arrival Officers Crowley and Brown, assisted off duty Boston Police Officer Joseph Mathews notifying residents of the fire in the building and helping them out of the building.

The Quincy Fire Department responded in force and began battling this quickly spreading residential building fire. Due to the location and the size of the building multiple officers responded to close streets, redirect traffic, and assist loved ones who were arriving on scene to check on their family and friends.

Due to the quick evacuation and the fast response by our first responders there were no major injuries. Our brothers on the Quincy Fire Department did a fantastic job quickly getting the fire under control. Four people were transported

A Job Well Done

By OFFICER GREGG HARTNETT
Public Information Officer
Quincy Police Department

to local hospitals with non-life threatening injuries.
Job Well Done!

On Tuesday, May 30, at approximately 8:01 p.m. Officers Dalton, Sanservero, Murray, Habib, and Cooper, as well as the Quincy Fire Department and Brewster Ambulance units were dispatched to the area of Star Market on Granite Street for the report of a disturbance following a motor vehicle crash.

While officers were responding our Communications Division updated that there was a male trying to steal motor vehicles in traffic. It was further reported that this male

was now running over the Paul Harold Bridge towards Party City. Officer Dalton was able to detain this male near the International House of Pancakes. Officers Cooper and Habib responded to assist Officer Dalton as the male was uncooperative.

Officer Sanservero and Murray had responded to the accident scene at Granite Street and Thomas Burgin Parkway. Three vehicles were involved and there were several people injured. It was determined that the above detained male was involved in this three-car crash. After crashing head on into another vehicle, he exited his vehicle and attempted to car-jack another motorist before fleeing on foot.

The other involved motorists were transported to area hospitals. The detained male was arrested and charged with marked lanes violation, reckless operation of a motor vehicle, leaving the scene after causing personal injury (two counts), car jacking and assault and battery causing serious bodily injury.

Job Well Done!

QUINCY POLICE CRIME AWARENESS JOURNAL

Entries submitted by the Quincy Police Department

FRIDAY, MAY 26

DISORDER (elderly man), 9:02 a.m., 300 Crown Colony Dr. Causing a disturbance yelling at people. Trying to get into other offices. Peace restored.

WORKING FIRE (smoke and fire), 12:39 p.m., 64 Willard St. Large apartment building fire.

SHOPLIFT (two females), 3:29 p.m., Stop and Shop Supermarket, 65 Newport Ave. Two females in health and beauty aisles, stealing two full carts. Females abandoned carts in the store without taking any items.

DISORDER (tow driver), 10:03 p.m., low numbers of Brook Street. Peace restored. Motor vehicle dropped from tow. Tow company paid.

SATURDAY, MAY 27

LARCENY/MOTOR VEHICLE (broadcast), 9:39 a.m., 333 Ricciuti Dr. Stolen motorcycle. Report filed.

DISORDER, 3:06 p.m., MBTA station, parking Quincy Adams, 450 Centre St. Transit Police notified. Peace restored.

DISORDER, 7:54 p.m., area of 1500 Hancock St. Brewster notified. One juvenile under arrest. No EMS. Report to be filed.

DISORDER (argument), 9:31 p.m., Pond Street Playground. Group of people having cookout now two females arguing. Verbal - parties sent on way. Peace restored.

SUNDAY, MAY 28

BREAKING AND ENTERING/PAST, 1:23 a.m., 30 block of Sullivan Road. Report to be filed.

VANDALISM/PROPERTY (hole in windshield), 12:29 p.m., 2 Hancock St. In QPD lobby, believes someone shot his windshield. Appears a rock hit the windshield. Case number provided.

ASSAULT (past), 12:56 p.m., 305 Victory Road. Reporting party in QPD lobby is reporting incident from yesterday. A female punched her in the face. No suspect info. Report to be filed.

SHOPLIFT (male and female), 5:41 p.m., Walmart, 301 Falls Blvd. States they don't have ID and took a lot of merchandise. Two people trespassed in presence of loss prevention and sent on the way.

DISORDER (customers), 6:28 p.m., McDonald's, 275 Hancock St. Male and female customer swearing at employee. Peace restored - sent on the way.

SHOPLIFT (two juveniles), 8:06 p.m., Walmart, 301 Falls Blvd. Juveniles turned over to parents. Advised and sent on the way.

DISORDER (female party), 10:24 p.m., Point Liquors, 230 Washington St. Female out front screaming at anyone coming by. Cleared by EMS. Sent on the way.

MONDAY, MAY 29

SHOPLIFT (two males), 10:26 a.m., Star Market, 130 Granite St. Trespassed by Loss Prevention in presence of Ptl. Ruggiero. Report on arrest filed.

BREAKING AND ENTERING/PAST (electronic equipment), 5:26 p.m., Sea Monkey Marina, 600 Southern Artery. Report filed.

DISORDER (fireworks), 7:04 p.m., 140 block of Elmwood Avenue. Box of fireworks, two older white males on mopeds without helmets dropping fireworks in the middle of the street refused to stop for the officer. QFD was notified. Fireworks retrieved - parties advised.

DISORDER (over towing), 8:32 p.m., low numbers of Brook Street. Trepass tow - peace restored.

TUESDAY, MAY 30

SHOPLIFT (just happened), 5:14 p.m., Star Market, 130 Granite St. Fled towards Burger King. Merchandise

recovered. Suspect fled.

SHOPLIFT (female and male), 7:12 p.m., Star Market, 130 Granite St. One person trespassed by Loss Prevention and sent on the way.

ASSAULT/DANGEROUS WEAPON (three males fighting), 9:44 p.m., 60 block of Spear Street. Caller states males are fighting with bats. One male under arrest for assault and battery dangerous weapon.

WEDNESDAY, MAY 31

DISORDER (over parking), 9:59 a.m., 40 block of Washington Street. Advised. Peace restored.

SHOPLIFT (male), 10:55 a.m., Home Depot, 465 Centre St. Property returned to store. Trespassed issue. Sent on the way.

VANDALISM/PROPERTY (past), 1:48 p.m., 20 block of Patrick Road. Shot a BB gun through bedroom window. Metal pellet still between window. Report to be filed.

RECOVERED VEHICLE (moped), 2:38 p.m., Cummings Highway, Boston. No arrest. Owner notified.

DISORDER (homeless), 3:25 p.m., Panera Bread Company, 200 Hancock St. Arguing in the dining room. Sent on the way.

LARCENY (wallet), 7:55 p.m., Stop and Shop Supermarket, 65 Newport Ave. Caller left wallet in the bathroom. She went back and it was gone. Report to be filed.

THURSDAY, JUNE 1

BREAKING AND ENTERING/PAST (just happened), 12:56 a.m., 100 block of Faxon Road. Caller states side door is destroyed, no entry made. Side door. Report to be filed.

VANDALISM/PROPERTY (city property), 2:19 p.m., Nickerson Beach, 120 Dorchester St. Report to be filed.

BREAKING AND ENTERING/MOTOR VEHICLE (past), 3:18 p.m., 230 block of Billings Street. Happened last night. Neighbors have a Ring cam video of the suspect. Report filed.

BREAKING AND ENTERING/MOTOR VEHICLE (past), 3:35 p.m., Wadsworth Street. Report filed.

Marina Bay Ferry To Winthrop And Boston In Service

The Marina Bay Ferry/Winthrop Valkyrie resumed service May 30.

The City of Quincy is partnering with the Town of Winthrop to provide ferry service from Quincy to Winthrop and Boston. Ferry service will include water transportation to and from Squantum Point Park/Marina Bay, the Town of Winthrop, Boston Seaport and the New England Aquarium on Winthrop's 74 passenger "Valkyrie" Ferry.

The newly designed MBFerry.com website provides details on how to buy tickets, schedule times and dates as well as suggested destinations and tourist sights at each destination.

Game Night At Crane Library

Do you love board games? Join your friends and neighbors for a round of Settlers of Catan at North Quincy Library, 381 Hancock St., on Tuesday, June 13 from 7 to 8:30 p.m.

Meet again at Wollaston Library, 41 Beale St., on Wednesday, June 14 from 6:30 to 8:30 p.m. for Everdell and Fallout Shelter, or Sherlock Holmes: Consulting Detective and Obscurio, and more! Adult Game Nights at the Library are appropriate for adult players. Rules and help are provided.

Better Business Bureau Moving Tips

Cont'd From Page 28

If you are making a long-distance move, it may also take movers several days to deliver your items.

Option 2: Shipping your belongings

If you've managed to whittle your belongings down to a few boxes or suitcases, shipping them is a cheap and easy way to move—especially if you are moving across the country, points out Consumer Affairs.

Big-name package shippers often charge a premium to ship large or heavy boxes. But other companies, like long-distance bus lines, may offer cheaper services. Some shippers will pick up boxes from your home and drop them off at your new address for an extra fee.

While cost and ease are two big pros of this method, there are a few cons too. Boxes shipped by ground may take several days or even a few weeks to arrive at their destination. In addition,

this isn't a good option if your boxes contain fragile items.

If you are flying to your new home city, check with several airlines before you buy your ticket. Some airlines offer reasonable prices on additional checked bags, but you'll probably need to do some searching to find the best deal.

Option 3: DIY truck rentals

If you have larger items but still want to move DIY, a truck rental company could be a good choice. Truck rental companies will provide you with a truck or trailer of an appropriate size, but you'll be responsible for the packing, loading, driving, and unloading.

This option is less expensive than hiring professional movers. Depending on how far you are going, it may be cheaper than hiring a moving container service. Move.org has calculated average prices for DIY moves.

That said, loading and

unloading a truck is physically demanding. If you have any large or unwieldy items, they could be damaged if they aren't packed, loaded, and unloaded correctly. To address this, you can always hire movers to help you load and unload the truck.

You'll also need to feel comfortable driving a moving truck, which is probably much larger and heavier than your regular vehicle. This can be stressful even for very capable drivers, and you might need to purchase extra insurance in case of accidents or damage. If you choose this route, add gas, insurance, and lodging to the truck rental company's quote for an accurate view of the total cost.

Option 4: Moving container services

Moving container services could be an ideal option if you don't feel comfortable driving a rental truck to your new home. Moving container services bring a portable

storage container to your home. You fill it up. Then, the company transports it to your new location, where you unload your belongings.

These companies usually give you a few days to load and unload. They can also store your container for a fee if you need time to find a new house in your new city. They are less costly than a full-service moving company, and you don't have to worry about driving a big truck to your new home.

To take advantage of moving container services, you'll need space. If your current or new home has no parking or a driveway on a steep incline, this option might not be feasible. Some moving container services offer movers to load and unload your items if you pay an extra fee. However, in many cases, paying the fee will make the moving container service more expensive or even more expensive than a full-service moving company.

After Defeating South Lancaster Academy In Preliminary Round Quincy Volleyball Bows To #1 Needham

By TOM JOYCE
South Lancaster Academy?

It's a real high school in Massachusetts -- and they had a competitive boys' volleyball team this season.

The Quincy Presidents hosted South Lancaster Academy in the preliminary round of the Division 1 Massachusetts Interscholastic Athletic Association boys' volleyball postseason tournament May 31.

While the match was competitive and South Lancaster enjoyed much regular season success, the Presidents fended them off at Quincy High. The Presidents knocked South Lancaster out of the tournament with a 3-1 victory. With the win, the Presidents improved to 10-11 on the season, while South Lancaster finished the season at 13-7.

Quincy advanced to the Round of 32 against top seed and undefeated Needham June 3. The tournament ended for the Presidents bowing 3-0 to Needham. Going into the postseason, the Rockets had a 68-game winning streak and had won the previous two Division 1 state titles.

Against South Lancaster Academy, although the two sides were tied early in the first set, it didn't take long for the Presidents to pull away and protect the lead. The Presidents went up 9-4 thanks to a 5-0 run early in the set, and they never relinquished that lead. Adam Bonica had two aces during the stretch, which was started thanks to a South Lancaster serving error. A South Lancaster hitting error also gave the Presidents a point, as did a block from Theo Porter.

Though South Lancaster pulled within two points shortly after, the Presidents gave themselves some space. Bonica had back-to-back kills, giving the team a 14-10 edge. Bonica capped off the set for the Presidents with an ace following a hitting error from South Lancaster. The Presidents took the set 25-22.

While the Presidents led 13-11 midway through the second set, Lancaster made a comeback. A kill from Bonica and an ace from Robin Roldan gave the Presidents a two-point edge, but South Lancaster eventually tied things at 15 apiece and pulled away. South Lancaster took a 20-16 lead thanks to a 5-1 run; it was a deficit the Presidents could not overcome. South Lancaster took the set 25-21; the final point of the set came on a

Presidents hitting error.

Even though the Presidents took the next two sets to win this match in the fourth set, doing so required them to make two comebacks.

The Presidents trailed 19-16 late in the second set, but they pulled off the comeback.

Two hitting errors against South Lancaster and an ace from Bonica tied the set at 19 apiece. South Lancaster then took a one-point lead on a kill, but a quick 3-0 run from the Presidents made it a 22-20 set. During the set, Porter had a block, Bonica launched a ball in the air that South Lancaster couldn't return, and Christian Las had a kill. South Lancaster eventually tied the set at 23 apiece, but the Presidents took the next two points. A South Lancaster serving error set the Presidents up for the set win, and a spike from Bonica got them the 25-23 victory.

Yet, the Presidents had to dig themselves out of a bigger deficit in the fourth and final set.

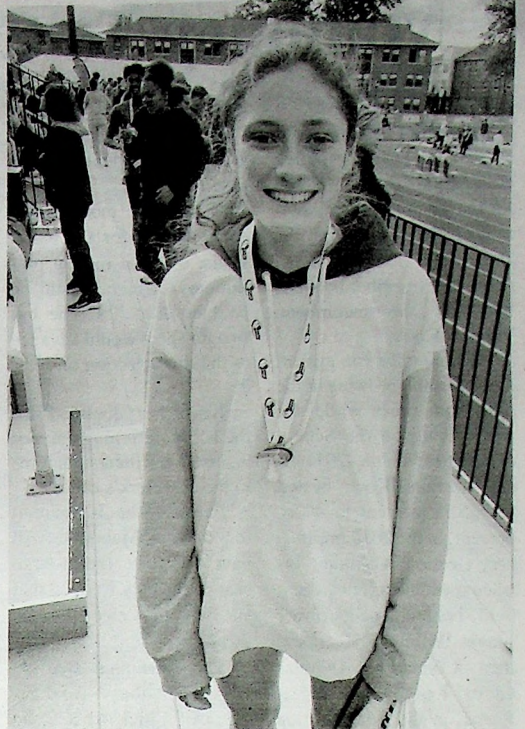
With the set tied early, South Lancaster went on a 5-0 run to take a 10-5 lead. The Presidents responded with a 6-1 run, tying things at 11 apiece. During the run, the team got two blocks, aces from Jake Basan and Henry Tran, and kills from Las and Bonica.

With the set tied at 13 apiece, the Presidents pulled away further. A hitting error against South Lancaster, an ace from Las, and two kills from Bonica put them up 17-13. It was a deficit South Lancaster could never overcome. The Presidents capped off the contest with a kill from Bonica and an ace from Tran; they won the final set 25-18 -- their largest margin of victory in the match.

The roster for the Presidents: senior outside hitter Christian Las, sophomore defensive specialist Devin Rong, sophomore middle hitter/outside hitter Gabriel Gentil Doria, freshman outside hitter Jake Basan, sophomore middle hitter Josue Silva, senior middle hitter Theo Porter, junior outside hitter/middle hitter Adam Bonica, junior outside hitter/defensive specialist Robin Roldan, junior setter/defensive specialist Victor Pereira, sophomore setter Justin Dinh, junior defensive specialist Devin Stewart, junior setter/right side hitter Dylan Vo, junior setter/right side hitter Henry Tran. The team's head coach is Jacqui Niosi.



JAYDEN FRANCOIS placed fourth in the 400m hurdles setting a new Quincy High and Quincy-North Quincy record of 57.06 at the MIAA Division 1 Championships held at Merrimack College. Cheering him on is 200m competitor Lena Waldron.



HANNAH MORIARTY placed fifth in the 400m hurdles in a time of 1:09.17 at the MIAA Division 1 Championships held at Merrimack College. Photos Courtesy Geoff Hennessy

High School Sports Tournament Update

Quincy High School girls' lacrosse team seeded #33 bowed to #32 Hopkinton 13-8 June 1st in the preliminary round of the Div. 1 tournament. The Presidents finished the season with a record of 13-8.

North Quincy baseball defeated Grafton, 10-6, in the preliminary round of the MIAA Division 2 state tournament.

The #32 Raiders bowed to #1 Milton in the Round of 32 Monday by a score of 4-2. North Quincy finished the year with a record of 10-14.

Against Milton, North's Alex Montero pitched four and one third innings scattering four hits and yielding two earned runs. He struck out three and also added an RBI double.

North's Aidan Bridges pitched one and two thirds inning and gave up no runs and no hits while fanning a Milton batter.

Offensively for the Raiders Vinny O'Leary had two hits, scored a run and had a stolen base. Tim Toland had two hits and walked and Max Gaudiano had a hit, RBI and two walks.

Nine Quincy Students On Stonehill Dean's List

Nine students from Quincy have been named to the Dean's List for the spring semester at Stonehill College in Easton.

They are:

Aidan O'Sullivan, Andrew Rooney, Steven Shalvey, Eileen Durgin, Conor Byrne, Vivian Chen, Nicholas Ferrara of Quincy, Irene Kelly and Elise Roche.

The North Quincy boys' volleyball team defeated Nipmuc, 3-0, in the Round of 32 of the Div. 2 State Tournament.

The #3 Raiders (18-3) were scheduled to host #14 Longmeadow Wednesday at 6 p.m. at the NQHS gym.

QNQ Track Results: Meet of Champions June 1-3 - Fitchburg State

First	Last	gen	Event	perf	place	competitors	comment
Maddy	McGillcuddy	F	400m	1:01.22	26	29	
Salma	Boukhtam	F	800m	2:19.71	16	46	
Salma	Boukhtam	F	1 Mile	5:14.50	21	38	
Aluna	Coogan-Coyne	F	1 Mile	5:10.93	13	38	PR
Jayden	Francois	M	110m Hurdles	15.64	16	47	

City of Quincy 2022 DOG LICENSE 2ND REMINDER



MA General Laws Chapter 140, SS 136 A, 137
Requires all dogs six months and older must be licensed every year.

- The fee, per dog, is \$10.00.
- Please bring proof of current rabies shot or call our office to verify expiration date of the rabies shot.



RENEW BY MAIL

Please make check payable to:
City of Quincy

Mail to:
Quincy City Clerks Office
1305 Hancock Street
Quincy MA 02169

If you no longer have your dog or have moved out of Quincy:
Call us at 617-376-1135 or 1136 so we may update our records.

Mahoney To Challenge Koch In Mayoral Race

By SCOTT JACKSON
Councillor Anne Mahoney on Tuesday pulled nomination papers to run for mayor in this year's municipal election, setting the stage for a potential showdown in November between her and the incumbent, Thomas Koch.

Mahoney has run against Koch for mayor twice in the past, both times while she was serving on the School Committee. In the 2011 final election, Koch bested her 55.58 percent to 44.11 percent. In the 2015 preliminary election, Mahoney finished fourth in a four-person field, behind Koch, former Mayor William Phelan, and then Councillor Douglas Gutro. Koch would defeat Phelan in the final election that year.

Mahoney, who lives on Ferriter Street, is the second resident to pull papers to challenge Koch, who lives on Newbury Avenue, in this year's election. James Maloney, a resident of East Squantum Street, took out nomination papers in May, one day after Koch announced plans to run for a new four-year term. Koch

was first elected mayor in 2007 and is the city's longest-serving chief executive.

If three or more candidates qualify for the ballot in the mayoral race, a preliminary election would be held on Aug. 29. The top two finishers would advance to the final election on Nov. 7.

Koch has qualified for the ballot, returning the requisite 50 certified signatures to the city clerk's office.

Because she is running for mayor, Mahoney will have to vacate the at-large seat on the City Council that she was first elected to in 2017.

The remaining two at-large councillors – Noel DiBona of Chickatabot Road and Nina Liang of Grandview Avenue – have both pulled papers to seek reelection. No other candidates had entered that race as of Tuesday morning.

One other resident – Matthew Lyons of Centre Street – took out nomination papers this week, bringing the total number of potential candidates to 20. Lyons is running for the Ward 4 seat

on the City Council, challenging incumbent James Devine of Cross Street. Lyons had run in the preliminary special election for that seat earlier this year, finishing third in a four-person field. Devine topped the field in the January preliminary election and won his seat in the final special election the following month.

Four of the five remaining incumbent city councillors have pulled nomination papers to seek reelection. They are: Ward 1 Councillor David McCarthy of Whitney Road, Ward 2 Councillor Anthony Andronico of Nicholl Street, Ward 3 Councillor Ian Cain of Forbes Hill Road, and Ward 6 Councillor William Harris of Ashworth Road.

Andronico is the only one of those four incumbents facing a potential

challenger. Richard Ash of Mound Street has also taken out papers to run for the Ward 2 seat.

The remaining incumbent ward councillor, Charles Phelan Jr. of Ward 5, has announced he will not be running for reelection in the fall. Two residents have pulled papers to run for that open seat, Richard Iacobucci of Adams Street and Daniel Minton, a resident of Sims Road and retired Quincy police lieutenant.

Harris and McCarthy have both returned nomination papers with the required 50 certified signatures to the clerk's office.

City councillors are elected to two-year terms.

Six residents have pulled papers to run for School Committee this year.

They include all three

incumbents whose seats will be contested this year – Paul Bregoli of Willow Avenue, Kathryn Hubley of Marion Street, and Frank Santoro of Lois Terrace – as well as challengers Kathryn Campbell of Cranch Street, Courtney Perdios of Ruggles Street and Liberty Schaaf of Howe Street. Perdios had been appointed to an open seat on the committee in 2021 and finished fourth in that year's municipal election. Schaaf also ran in 2021, finishing in fifth place.

Hubley and Perdios have both returned their nomination papers with the requisite 50 certified signatures to the clerk's office.

School Committee members serve staggered four-year terms, meaning three seats are on the ballot every

two years.

A preliminary election would be required in the School Committee race if seven or more candidates qualify for the ballot.

Nomination papers have been available since May 2. The deadline to return them to the Board of Registrars is 5 p.m. on July 11 and certified nomination papers, including a statement of candidacy, must be submitted to the city clerk by 5 p.m. on July 25. The deadline for objections to or withdrawals of nomination papers is 5 p.m. on July 27.

The signatures of 50 registered voters are required to run for each office in a municipal election. Residents seeking one of the six ward councillor seats must obtain the signatures from within their ward.

EVs: The Heavier The Load, The Shorter The Trip

AAA Research Reveals Ford F-150 Lightning Range Falls With Heavy Loads

When drivers load an electric pickup with heavy cargo, they make the vehicle work harder, significantly reducing the truck's range. But by how much?

AAA Automotive Engineering researchers recently tested the Ford F-150 Lightning, the electric version of the iconic best-selling American pickup, to determine the impact of payload on the range. When loaded with 1,400 pounds of sandbags, 110 pounds shy of its maximum capacity, the Lightning's range dropped from 278 miles to 210 miles, a reduction of 24.5 percent.

"AAA's testing revealed a significant range reduction, but it's important to note that the Lightning was loaded to near its maximum capacity," said Mary Maguire, AAA Northeast Vice President of Public and Government Affairs. "Most buyers will likely use their Lightning with a lighter load, resulting in a much smaller range reduction."

It's also important to

remember that the driving range of all vehicles, whether gas-powered or electric, is affected by weight. And as battery technology continues to improve, EV range will likely increase. However, even with current technology, electric vehicles are still more energy efficient than gas-powered vehicles regarding energy consumption. The Ford Lightning's range is less than its gas-burning cousin, which may get over 500 miles per tank unloaded. Buyers concerned about EV range should consider the driving they will be doing and choose the right vehicle for their needs. The difference, for now, is that it is easier to gas and go than stop and charge.

In general, heavier payloads will reduce the range of an EV. This is because the extra weight requires more energy to move. The type of driving also plays a role. Highway driving, which typically involves higher speeds and less regenerative braking, will further reduce

range. Unlike gas-powered vehicles, which perform more efficiently at highway speeds, EVs thrive in urban conditions due to regenerative braking from more frequent stops. Regenerative brakes capture the energy from braking and convert it into the electrical power that charges the vehicle's high-voltage battery. This electricity can then be stored in the car's battery or power other electrical components.

In the case of battery electric pickups used as work vehicles, permanent loads (such as equipment racks, toolboxes, and equipment trays built into the vehicle) will reduce the range at all times, even without additional cargo.

AAA Northeast has a wealth of information and resources about electric vehicles on its EV website. Visit AAA.com/EV.

Shoppers Beware Of Facebook Marketplace Cons

By BETTER BUSINESS BUREAU

Facebook Marketplace can be a great place to find deals on items for sale in your neighborhood. But like any online classified site, watch out for warning signs before handing over money. BBB is seeing reports of Facebook Marketplace scams in BBB Scam Tracker, especially for big-ticket items like used cars and RVs.

How the scam works

You are shopping on Facebook Marketplace and spot a listing that looks like a good deal, so you contact the seller. The seller replies by saying that she or he is out of the country, in the military, or otherwise unavailable. Instead, the person tells you they are using eBay, Amazon, or another reputable third-party company to sell and ship the item.

The seller assures you that you will have a chance to see and test drive the vehicle before committing to a purchase. However, you must first wire money or send funds via prepaid debit card to "Amazon" or "eBay." They will act as an escrow service. If you are unhappy with your purchase, you can simply return it for a full refund. Since you have confidence in the site being used for escrow, you agree.

Unfortunately, both the third-party service and the seller are a con. The car or other item doesn't exist. Some scammers have even gone as far as creating fake invoices from "Amazon" or "eBay," stealing their logos to make the invoices look real.

How to avoid scams on Facebook Marketplace:

Always meet the seller and see the item for sale before purchasing. This will help you avoid most scams on Facebook Marketplace. This is also true for housing rentals. If you can't tour the house or apartment before renting it, it's likely not available.

Avoid deals involving shipping or escrow services. This scam is only one take on this trend. Avoid them by purchasing directly from the seller.

Report scams to Facebook. If you've encountered a scam on Facebook Marketplace, report them to Facebook.

Cornhole Tourney To Benefit Mental Health Programs

Quincy-based Matthew's Crew Inc. will be hosting its 3rd Annual Cornhole Tournament on Saturday June 10, 2023 at Fontbonne in Milton.

Proceeds will go toward funding mental health education programs in local schools. Matthew's Crew was established in 2020 following the passing of 17-year-old Matthew Roper by suicide after a valiant battle against depression.

Boston Baggo Co. will once again run the tournament. Participants of all ages and abilities are welcome. The format of the tournament allows for serious competition as well as socializing and fun for the recreational player. There will be great prizes and a silent auction including a Red Sox basket with a signed ball from #11 Rafael Devers.

In addition to the tournament itself, mental organizations NAMI (National Alliance on Mental Illness), the Samaritans, and the Fontbonne Chapter of The Yellow Tulip Project as well as local mental health service provider Aspire Health Alliance will be in attendance to answer questions and share information about what mental health services are available in our own communities. It will be a great opportunity to talk about mental health in a safe, enjoyable atmosphere which can help us all normalize the discussion around mental health.

To top the day off, Paisani Food truck will be on site for lunch, and ice cream will be provided by Nona's Homemade. Participants and spectators are welcome to join on Fontbonne's beautiful campus to enjoy the day.

To register to play, go to jointhecrew.racewire.com or scan the QR code on the homepage at matthews-crew.org.

**Best Wishes
to the**

Class of 2023

**WARD 4 COUNCILLOR
James Devine and Family**

**Special congratulations to Evan Devine
2023 Graduate
Quincy High School**

Events at Temple Beth Sholom 600 Nantasket Ave., Hull

Wednesday, June 7 at 6:45 p.m.

Adult Ed: Kosher Wine Tasting Join us as we taste and learn about different kosher wines.

6:45PM Ma'Ariv Service followed by Adult Education Zoom available and at the Temple Beth Sholom

Friday, June 9 at 7 p.m.

Beatles Music Night: Our service songs as sung to familiar The Beatles tunes!

Kabbalat Shabbat, and Evening Services followed by Oneg

Boyer Auditorium with Zoom available.

Save the date: Sunday, June 25

TBS Annual Meeting 9 a.m. Members only.

Interested in becoming a member? Call 781-925-0091

Our Zoom Meeting Link is: <http://zoom.us/j/6373665461>
Password: 9250091

Meeting ID: 637 366 5461

Eastern Bank Foundation Honors John Yazwinski, Fr. Bill's/MainSpring Receive 2023 Community Advocacy Award

Eastern Bank Foundation has recognized John Yazwinski, president and CEO, of Father Bill's & MainSpring (FBMS) with a 2023 Community Advocacy Award and award grant for his organization's innovative role in preventing homelessness and addressing housing insecurity.

Twelve honorees in total from the South & North Shores, Greater Boston, and Merrimack Valley to Cape Cod and New Hampshire recently came together at Eastern Bank headquarters for an afternoon of celebration and a roundtable.

Each year the Foundation recognizes a few of the many inspirational people and nonprofits working to address the most critical needs across the communities Eastern serves with the award. This year's focus is on affordable housing, one of the core strategy areas of the Foundation's commitment to expanding economic inclusion and mobility.

The roundtable covered many aspects of the affordable housing picture including zoning, access to capital, the key role of grassroots organizations, the importance of business leaders advocating for change, and the significance of philanthropy in partnering for innovative solutions for today's complex challenges. Honorees also discussed how systemic inequities such as high childcare costs, low wages, gaps in education, and racial injustice intersect with the affordable housing issue as a whole.

FBMS works to develop housing for individuals and families with the lowest incomes in our community, serving 41 cities and towns south of Boston. In addition to providing nightly shelter and wrap-around services, it is pioneering hotel-to-housing conversions and a new and nationally recognized model for reducing homelessness with the Yawkey Housing Resource Center in Quincy opening this summer. This campus-like complex will feature an on-site licensed health clinic, housing supports, workforce skill training, access to partner resources (including behavioral health support), as well as respite beds and 30 new permanent supportive housing units. Another FBMS Housing Resource Center is slated to begin construction later this year in Brockton, MA.

Commenting on the honor, grant and conversation with his peers, Yazwinski said, "At FBMS we are working to create a model where shelters are a last resort, where we prevent homelessness by helping people find housing and support before they slip into that situation. Eastern Bank Foundation has been a big supporter of FBMS' work and receiving this award along with the opportunity to meet with my peers across the region is a terrific way to continue to raise visibility for the issues and work and to learn and share successes that can be applied in new and interesting ways."

Nancy Huntington Stager, President & CEO of Eastern Bank Foundation, added, "Affordable housing is essential for full participation in our schools, workplaces and neighborhoods but is unfortunately out of reach or insecure for far too many people in our region as the housing crisis worsens. It's more important than ever to spotlight work that is making a difference and to collaborate on solutions. We applaud John, FBMS and all our 2023 Community Advocacy Awards honorees for their innovative, barrier-breaking work."



EASTERN BANK FOUNDATION recently recognized John Yazwinski, president and CEO, of Father Bill's & MainSpring (FBMS) with a 2023 Community Advocacy Award and award grant for his organization's innovative role in preventing homelessness and addressing housing insecurity. From left to right: Eastern Bank Foundation Chief Impact Officer Turahn Dorsey, Eastern Bank Vice Chair and President Quincy L. Miller, Father Bill's & MainSpring President and CEO John Yazwinski, Eastern Bank Foundation President and CEO Nancy Huntington Stager, and Eastern Bank Chair and President Bob Rivers.

Photos Courtesy TDM Photography



TWELVE NONPROFIT LEADERS, including Father Bill's & MainSpring President & CEO John Yazwinski (back row, third from right), were recently recognized with Community Advocacy Awards by the Eastern Bank Foundation during an event held at Eastern Bank headquarters in Boston.

Graduate Sunday At Quincy Point Congregational Church

Quincy Point Congregational Church, 444 Wash-

ington St., Quincy, invites the public for a special Church School, Youth and Graduate Sunday June 11 at 10 a.m.

During the event, church youth members will take the lead in worship, and the church will also be awarding scholarships.

An engaging slide show has been prepared called "Acts of the Apostles, Then and Now." Through this presentation, you will have the opportunity to learn (what church school has this year) about the journeys of various significant figures, from the first apostles to modern-day influencers like St. Francis, Catherine of Sienna, Martin Luther, Fanny Crosby, John Newton, Mahalia Jackson, Billy Graham, and Jeremy Camp. Jeremy Camp, a contemporary Christian musician, is actively spreading God's message through his music today.

The sanctuary is equipped with air conditioning, ensuring a comfortable environment for all attendees. Additionally, there is an elevator located on the Abbey Road side of the QPCC building, along with designated accessible parking, to accommodate those with mobility needs.

Those unable to attend in person can participate in the Sunday morning worship online. The live stream can be accessed at any time through the church Facebook, Vimeo, and YouTube pages.

Following the worship service, all are invited to gather in the Social Hall downstairs for a time of fellowship and enjoyment of light refreshments. This will be a wonderful opportunity to connect with fellow attendees and strengthen our sense of community.

Myopia – A Result Of Remote Learning?

By Dr. CAROLANN SPERANZO, DHS, RDO

My child's eye keep getting worse. Is there anything I can do?

This is the question so many parents ask eye care professionals. Since COVID hit and so many students from preschool to high school were learning remotely, the issue of increasing myopia (nearsightedness) has increased dramatically. It had been common to have children's vision change every six months throughout this period. Experts feel that when children view things at near range including computer range, their eyes often lose

their ability to reaccommodate to distance clearly.

Many parents and eye doctors opt to have the children just get distance eyeglasses. While this works well for television, blackboard, etc. the power is not designed for close-up. There are several studies out now that show using full distance for near may actually cause the child to require more distance correction – a condition known as myopia creep.

The optical industry has responded with new designs of eyeglass lenses that are based on the principle of bifocals but simply modify the distance correction a small amount to allow for read-

ing and other short range activities. The most recent preliminary studies show that these lenses minimize the worsening of the child's prescription.

Such designs in conjunction with materials appropriate for children should be carefully considered as your child needs new eyeglasses. Even though the academic year is just finishing, be sure to remember to schedule your child's eye examination with your ophthalmologist early – many are already booking into winter.

When you have the updated eyeglass prescription be sure to bring it to a licensed optician for fabrication and, more importantly,

for knowledgeable advice and assistance to be sure your child has the most appropriate pair of eyeglasses for visual acuity and safety.

Dr. Carolann Speranzo is a Registered Dispensing Optician and owner of SECOND SIGHT in Quincy since 1979. She is a Fellow of the National Academy of Opticianry and the Contact Lens Society of American and is certified by the American Board of Opticianry. Speranzo is also an Adjunct Professor at MCPHS School of Healthcare Business. She can be reached at 617-773-1178 or secondsighteyewear@verizon.net

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DURING MAY'S Small Business Month, local leaders came together at Eastern Bank to celebrate local entrepreneurs and advancing opportunities for small business owners of color and underrepresented entrepreneurs, and a new ecosystem of resources to support them through the Equity Alliance for Business and a dynamic group of business support organizations including Ascendus, Black Economic Council of Massachusetts (BECMA), Interise, Massachusetts LGBT Chamber of Commerce, and Mill Cities Community Investments (MCCI). A fireside chat, with leaders from academia, government and the non-profit and for-profit sectors, discussed underrepresented small businesses and solutions shaping their path forward. Shown here are from left to right: state Rep. Daniel Cahill (10th Essex District); Quincy Councillor at-large Nina Liang; Eastern SVP and Equity Alliance for Business Team Leader and long-time Quincy resident Abby Nguyen-Burke; and Eastern CEO and Chair Bob Rivers.

Courtesy Photo

Adam Bokon VP Of Commercial Lending At Bank Of Canton

Bank of Canton recently hired Adam Bokon as vice president of commercial lending.

With 18 years of experience building and managing commercial loan portfolios in the Hartford and Greater Boston areas, Bokon brings substantial portfolio development and management expertise to the role.

"What I enjoy most about commercial lending are the client relationships," said Bokon, "especially working with new clients and delivering faster, more efficient financing solutions for their projects."

"That's why I was drawn to Bank of Canton," he continued. "It has a very collaborative environment. The commercial lending, credit, and operations teams are all together under the same roof, and we're willing to



ADAM BOKON

explore all options to get financing arrangements approved and turned around quickly. It's a great place to be."

Prior to joining Bank of Canton, Bokon held commercial loan officer/vice president positions at several regional banks in Massachusetts and Connecticut, where he oversaw nine-figure loan portfolios across

dozens of client relationships.

"Adam is a great addition to the Bank of Canton commercial team," said Executive Vice President Michael Lindberg. "He's an established lender in the Greater Boston area, and he has a talent for finding solutions and adding value to his client relationships. He's a terrific fit for our organization."

Bokon serves on the board of directors for the Boston chapter of the Real Estate Lenders Association and the Metro West Business Alliance. He graduated from the University of Connecticut with a degree in business administration, and earned his MBA at Australia's University of New South Wales. He lives in Wayland with his wife and two children.

Councillors Conclude Departmental Budget Hearings

Cont'd From Page 19

he would likely seek to use community preservation funds to pay for those renovations.

Koch had proposed increasing the cemetery budget from \$1.16 million to \$1.29 million. At Murphy's request, councillors cut \$93,000 from the department's personnel services budget to correct an error in the proposed budget.

The park budget would decrease by about \$7,000 to \$4.35 million. Koch had proposed moving the employees who maintain the public spaces in Quincy Center — including the Hancock-Adams Common and the Generals Park — to a separate department within the budget. The salaries for those employees are currently split between the park budget and the budget for the Department of Public Buildings.

Koch had first proposed creating a separate department to maintain the public spaces in Quincy Center as part of the fiscal year 2020 budget, but that proposal was dropped based on feedback from several city councillors and instead those workers were added to the parks and buildings departments.

At the May 30 hearing, Chris Walker, Koch's chief of staff, said the mayor was proposing to create the new downtown division, which has a budget of \$760,700, to be more transparent.

"This is a paper change in the budget," Walker said. "This just reflects a different way of bookkeeping. We find it's going to be clearer, it's more transparent, it shows where these positions

are."

Mahoney, an at-large councillor, expressed concern about having a department who would solely work in the downtown. She said other parts of the city deserve the same level of care Quincy Center gets.

"We have other areas of the city that don't have the same kind of attention to detail, because we created this nurturing center just for the downtown, but the rest of the city, the constituents who pay the taxes to pay this, don't feel like they're getting the same kind of treatment in the Wollaston area or Kincaide Park," she said.

Other councillors voiced their support for creating the new division.

"At the end of the day, this is a gateway to the city and folks and citizens of the city want to enjoy this downtown," said Council President Noel DiBona, adding that Quincy residents benefit from the events held in Quincy Center year-round.

"I understand there is stuff in other areas, and those are things we sometimes need to work on, but this...is an economic driver and I think it's something we should be doing," said Ward 5 Councillor Charles Phelan Jr., the chairperson of the council's finance committee. "I very much support having it out separately so we see the budget, we see the numbers, we know what's going on."

Other budgets approved during the May 30 hearing include Department of Public Buildings (up \$783,000 to \$8.02 million), Inspection Services (up \$163,000 to \$2.18 million), Veter-

ans Services (up \$19,000 to \$1.79 million) and the Council on Aging (up about \$70,000 to \$945,000).

Also approved that evening was the general fund portion of Quincy Public Schools budget, which is set to rise from \$120.84 million in fiscal year 2023 to \$127.54 million in fiscal year 2024. The School Committee has final say on how those funds are appropriated and is in the midst of reviewing the \$134.64 million budget for the new school year, which also includes \$7.1 million in Circuit Breaker money from the state. The proposed school department budget would add 25 new positions, including teachers, guidance counsellors and paraprofessionals.

The proposed \$1.76 million budget for the Health Department, up from \$1.4 million this year, was among those reviewed on May 30.

The budget includes funding for a new position, a tobacco control officer with a \$40,500 salary. Health Commissioner Marli Caslli said his department has already hired the tobacco control officer using funds from a state grant.

"This employee has been in our department for the last few months with a grant from the state. They've been terrific in getting programs up and running," Caslli said.

"We feel adding this to our budget is very important. We have 102 licensed tobacco establishments in the city. In some wards, we do get complaints of the establishments selling to minors or illegal products being sold — flavored tobacco products or vape products."

The budget also boosts funds set aside for rodent control by \$150,000 to \$450,000.

Ward 2 Councillor Anthony Andronico asked Caslli if the city would be able to use those funds for rodent control at multi-family residences.

"That would make a big difference," Andronico said. "Most of the Point is multi-unit and that's typically where you would find more of those types of issues."

Caslli said the department should be able to expand its rodent-control efforts to two-family homes using the additional funding.

Five separate general fund budgets fall under the purview of the Department of Public Works — engineering, public works, snow and ice removal, waste collection and disposal, and the drain department.

The engineering budget, with a proposed increase from \$928,669 to \$1.04 million, includes the elimination of an engineer in training position and the addition of a new junior civil engineer, bringing the total number of those positions to four. Public Works Commissioner Al Grazioso said the city tried for over a year to fill the engineer in training post but was unable to do so and upgrading the position should make it easier to hire a qualified candidate.

Councillors made one change to the engineering budget, adding about \$2,800 to the line item for education pay to correct an error at Grazioso's request.

The public works budget has a proposed increase from \$5.67 million to \$5.73

million. Grazioso said the budget would consolidate some of the masonry positions within the department but would not add any new employees.

The snow and ice budget will decrease from \$2.72 million this fiscal year to \$2.24 million next year. Grazioso said the city has spent less than the budgeted amount on snow and ice removal in three of the last four fiscal years, finishing with a surplus of \$500,000 or more each time. Under state law, communities can deficit spend on snow and ice removal if necessary.

The budget for waste collection and disposal is set to increase, from \$8.42 million this year to \$9.39 million next year, as those costs continue to increase.

The budget for the drain department includes a proposed increase from \$1.7 million to \$1.76 million.

The budget for the city clerk's office is likewise split between several different categories.

Koch had proposed increasing the budget for the clerk from \$486,082 to \$527,500, with the increase set aside for pay raises and other personnel line items.

The elections budget has a proposed increase from \$973,819 to \$1.17 million. City Clerk Nicole Crispo said the budget would pay for three separate elections, a preliminary city election in August, the final city election in November, and the presidential primary in March.

The budget for the licensing commission would increase from \$78,636 to \$85,026 while the budget for the city census would be

level funded at \$100,000.

Also approved on May 31 was the budget for the mayor's office, which has a proposed increase from \$931,053 to \$1.06 million.

The budget includes proposed raises — which the council still must approve — for each employee in the mayor's office, though there is no raise for the mayor himself. They include a raise of \$30,000 to \$153,000 for the mayor's chief of staff, a raise of \$34,000 to \$139,000 for his director of operations, and \$13,000 to \$118,000 for his communications director.

The budget also includes a proposed raise of \$12,000, to \$87,000, for the community liaison position. That position had been vacant but Walker, the mayor's chief of staff, on May 31 announced the hiring of Damion Outar effective this week.

"We do believe pretty firmly that patience was a virtue in this case," Walker said. "Damion was a real find. He is an immigrant to this country, he's been living her 20 years, he's a social worker by trade and has a lot of experience."

Outar most recently worked as an independent life coach, trainer and consultant. He was formerly a therapeutic coach for Fathers' Uplift in Boston and previously worked for the state Department of Mental Health.

The final budget approved on May 31 was the City Council's budget, which has a proposed increase of about \$40,000 to \$63,700. The budget includes pay raises for several employees, like the auditor and clerk of committees, but not councillors themselves.



HISTORY MAKERS – The Quincy High School history bowl team made school history this spring winning QHS's first ever National History Bowl state championship. Here the team poses with the D.C. group champion plaque. From left to right: Eddie Giza, Liam McCoy, Yu Fan Mei and Dheeraj Prakash. Standing is Mr. James Ikeda, who has been the team advisor for over a decade.



TEAM ADVISOR Mr. James Ikeda proudly holds the championship plaque.

QHS History Bowl Team Makes Championship History

Wins School's First Ever National History History Bowl State Championship

The Quincy High School history bowl team made school history this spring winning QHS's first-ever National History Bowl state championship.

Students comprising the state championship history bowl squad are seniors Yu Fan Mei, Dheeraj Prakash and Liam McCoy and ninth grader Eddie Giza.

On March 11th, the QHS history bowl team travelled to Scituate to face other bowl teams from the area, notably including Boston Latin and Newton, as well as Lexington, Quincy's old rival. In the preliminary matches, QHS went nearly undefeated, only losing to Scituate in what proved to be a close match.

"We were the top seeded team, and in the playoffs, we defeated Boston Latin to secure Quincy High School's first ever state title in the tournament," said Yu Fan Mei.

"In late April, we travelled to Washington D.C. to participate in the national championships for the first time since 2018," Mei continued. "Our team entered into a tough bracket with multiple rounds that went down to the last question. In the second group stage, our team went undefeated and won our group. Winning 7 of the 10 total matches we played, we beat Quincy High School's old winning record at the national tournament (5/10).

"Additionally, Eddie got a chance to participate in the history bee tournament in Washington D.C. He is a smart freshman – I truly believe the program is in good hands as he has already begun making plans for next year," Mei said.

"I hope that with further support, he will be able to build off our success and reach even greater heights with the team in the future. Quincy is a city that is deeply rooted in history and I believe that this is our way of paying back the massive respect we owe people such as John Adams, among many others."

Dheeraj will be attending Northeastern University studying computer science in the fall.

Liam will enroll at Point Loma Nazarene University in San Diego, CA where he will study political science.

Yu Fan has received a full scholarship to Georgetown University in D.C. He was informed of the scholarship while the team was competing in the nation's capital. He will study computer science as well as join the Capital Battalion, Washington D.C.'s revered Naval ROTC program.

He also said he hopes to be able to work with the national history bowl organization and perhaps even witness the further successes of QHS's bowl team.

Yu Fan Mei and his teammates also thanked Mr. James Ikeda, who has been the team advisor for over a decade.

"He has never lost faith in the ability of the team to succeed and is also someone I look up to greatly," Yu Fan said. "He has the tremendous task of overseeing multiple other school clubs such as the QHS poetry club. Mr. Ikeda is also part of the history department at Northeastern University on top of teaching classes at Quincy High School. I don't know how I could ever thank him as he has helped me a lot through my high school journey."



TEAM ADVISOR Mr. James Ikeda debriefs the Quincy High School history bowl team after a match. *Courtesy Photos*



QUINCY HIGH SCHOOL history bowl team celebrate their National History Bowl state championship. From left to right: team advisor Mr. James Ikeda; and teammates Yu Fan Mei, Eddie Giza, Liam McCoy and Dheeraj Prakash.

OBITUARIES

Alexander H. Campbell, 88

Alexander H. Campbell, age 88, formerly of Hanover, Quincy, and Neponset, died peacefully, Monday, May 29, 2023 at the Harbor House Rehabilitation and Nursing Center, in the comfort of his loving family.

Al was born in Boston, to the late Angus H. and Sarah (Campbell) Campbell. He was raised in Neponset and was a graduate of Boston Technical High School and Newman Preparatory School. He also attended Wentworth Institute. He lived in Hingham for the past several years, previously in Hanover for fourteen years, and earlier in Quincy for over fifty years.

He was employed as an electro-mechanical designer for the former Stone and Webster Engineering Company for fifteen years. He had a lifelong interest in electronics.

In 1985, he and his son, Hugh, co-founded their own construction company, A.H. Campbell & Son, Inc. He was known as a hard-working, competent, and reliable contractor with an outstanding reputation.

In the early 1950s he served in the U.S. Navy and in 1955 was recalled during the Korean War, proudly serving aboard the U.S.S. Intrepid, CVA-11, as a fireman.

He was a member of the John P. McKeon Am Vets Post 146, the Braintree VFW Post 1702, and the Weymouth Knights of Columbus.

Al was a longtime member of Saint John the Baptist Parish in Quincy.

As a young man, Al was a talented baseball player and pitcher and was a member of the CYO National Championship team.

He was an avid sports fan and especially enjoyed the Boston Red Sox. He and his late wife, Carol, were active members of the BoSox Club and made many trips to spring training in Florida. In 2005, he was honored to have been able to throw out the first pitch at Fenway Park.

Most of all, Al was dedicated to his family, especially his cherished grandchildren and great grandchildren, supporting all their many activities and accomplishments.

Beloved husband for forty-seven years of the late



ALEXANDER H. CAMPBELL

Carol A. (Nash) Campbell.

Devoted father of Karen Drinkwater and her husband Gary of Hanover, MaryJo Carroll and her husband Kevin of Kingston, Denise MacDonald and her husband Patrick of Kingston, Hugh Campbell and his wife Lorraine of Quincy, Thomas M. Campbell and his wife Theresa of Squantum, Carol Ann Campbell of Quincy, Donna Walsh of Duxbury, Scott S. Campbell and his wife Julie of Quincy.

Loving grandfather of twenty-three and great grandfather of seventeen. He was also grandfather of the late Matthew Ryan Campbell, the late Owen Patrick MacDonald, and the late Patrick G. Sullivan.

One of four siblings, he was the dear brother of Marylou Towle of Hyde Park and was predeceased by Mary Costa and Malcolm Campbell.

Al is also survived by many nieces, nephews, grandnieces and nephews, and friends.

Lifelong friend of Donna and Ralph DePaulo.

Visiting hours were held at the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy, on Thursday, June 1. Funeral Mass was celebrated in Saint John the Baptist Church, 44 School St., Quincy, on Friday, June 2. Interment, with military honors, followed at Knollwood Memorial Park, Canton.

For those who wish, donations in Al's memory may be made to South Shore Children's Fund, c/o John Ford, 68 Baxter Ave, Quincy, MA 02169.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Mark E. Donnelly, 56

Mark Edward Donnelly, 56, of Quincy, died peacefully on May 31, 2023, with his loving family by his side, after a long and courageous battle with cancer.

Mark was born in Winchester on Sept. 29, 1966, and was the son of the late Edward and Mary (McCarthy) Donnelly. He was raised in Scituate, and graduated from Scituate High School. Mark was a proud graduate of Massachusetts Maritime Academy where he earned his degree in engineering and developed lifelong friendships. Mark worked 28 years at the MWRA where he enjoyed his career and the relationships he built.

Mark was an avid sports fan attending and enjoying all of his children's, nieces, and nephews sporting events. He enjoyed the ocean and time spent on Cape Cod. His kind and loving presence will be missed by all that knew him.

Mark was the beloved husband of Christine (Donovan) Donnelly and the devoted father of Colin and Caroline Donnelly, all of Quincy. Mark was the loving uncle of Conor, Kayle, Ella, Aidan, Liam, Mary, Owen, Griffin, Maggie, Molly, and Ronan who loved him dearly. Mark was the brother of John and



MARK E. DONNELLY

Deana. Loving brother-in-law of Brian, Tami, Mike, Maureen, Sean and Jodi and son-in-law of Kathleen and the late Leo Donovan.

Visiting hours were held Monday, June 5, 2023 in the Keohane Funeral Home, 785 Hancock St., Quincy.

A Celebration of Life Service was held in the funeral home on Tuesday, June 6, 2023, prior to the Funeral Mass at Holy Trinity Parish, Our Lady of Good Counsel Church, 227 Sea St., Quincy.

Services concluded with interment at Cedar Grove Cemetery, Boston.

In lieu of flowers, memorial contributions may be sent to Tommy's Place, 26 Elm Arch Way, Falmouth, MA 02540 or by visiting: www.tommysplace.org.

See www.Keohane.com for directions and online condolences.

Richard S. Wainwright Jr.

Richard Stanwood Wainwright Jr. of Phoenix, AZ was born on March 6, 1943 in Stamford, Connecticut. He passed peacefully at home on May 26, 2023. His family moved to the Houghs Neck section of Quincy, in 1948. He attended Quincy Public Schools graduating from Quincy VocTech in 1962. Richard married the love of his life, Marilyn Ann Schwartz, on May 3, 1964.

Richard devoted his life to public service, serving in the United States Navy, as a Massachusetts State Trooper and an officer of the Brockton Police Department. After moving to Phoenix, he served as a detention officer for Maricopa County Arizona, and a Sergeant for the Arizona Department of Juvenile Corrections. During retirement, Richard drove a van for the Peoria School District Transportation Department.

Over the years, Richard and his wife hosted eight foreign exchange students.

Richard was preceded by his parents, Richard Stanwood Wainwright, Sr. and Ruth Holly (Lewis) Wainwright, and his brother Jonathan Wainwright.

Richard is survived



RICHARD S. WAINWRIGHT JR.

by his wife of 59 beautiful years, Marilyn Ann (Schwartz) Wainwright. His children, Darren Wainwright (Melinda), and Monica Lee (Wainwright) Fitzpatrick (Daniel) reside in Missouri. Richard also has four grandchildren, Amelia Fitzpatrick, Daniel W. Fitzpatrick, Jr. (Hannah), Jacob Wainwright (Cassidy), and Kristen Wainwright, and one great-grandchild Scarlett Rosella Wainwright.

Richard is also survived by five siblings, Holly Wainwright of Hanover, David and wife Carol Wainwright of Marlborough, Laurel Wainwright of Quincy, Paul and wife Debra Wainwright of Wrentham, and Stephen and wife Denise Wainwright of Pembroke.

Geraldine A. Joyce, 98

Geraldine A. (Baga) Joyce, of Quincy, originally from South Boston, died May 30, 2023 surrounded by the family she treasured, she was 98. The beloved wife of the late Emmett R. Joyce. Loving mother of Roseanne M. Joyce of Littleton, Geraldine P. Gamel and her husband Ronald of Quincy, William G. Joyce and his wife Carolyn of West Roxbury, Helen V. Veasey and her husband Mark of Quincy and the late Robert E. Joyce. Sister of Gerard Baga, Jr. of GA and the late Martha Falbo and Pauline Murphy. She is also survived by 14 grandchildren, 15 great grandchildren and 1 great great grandchild and many nieces and nephews.

Gerry as born in Denora, PA and moved to South Boston at an early age. Gerry married the love of her life Emmett and moved to Quincy where she raised her family. She loved to stay active. She enjoyed swimming, ice skating and cooking and was a member of the YMCA all the way into her mid 90's. She had a passion for Wheel of Fortune and Yellowstone. Gerry had a very special way of making everyone feel like they were the most important person.



GERALDINE A. JOYCE

She was warm, caring and very attentive to everyone's needs. She never had a bad word to say about anyone. Gerry adored her family and each of them cherished her. Although they are heart broken at her loss, they all feel fortunate for all the blessings she brought into their lives. She will be deeply missed.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Wednesday, June 7 from 4-8 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy. A Celebration of Life Service will be held in the funeral home at 9:45 a.m. on Thursday, June 8 prior to the Funeral Mass in St. Ann's Church, Quincy at 10:30 a.m. Burial in Pine Hill Cemetery, Quincy. See www.Keohane.com for directions and online condolences.

Rita L. A. Robateau, 93

Rita Leonore Antonette (Tench) Robateau, of Dorchester, died peacefully in her home on Monday, May 29, 2023. She was 93.

Rita was born in Belize City, Belize (formerly known as British Honduras) on Aug. 20, 1929, and was the daughter of the late Selwyn Edgar and Amy Geraldine (Longsworth) Tench.

Rita was the beloved wife of Carlos B. Robateau, with whom she shared more than 70 loving years of marriage. She was the devoted mother of Michael G. Tench and his spouse Hay of Florida, and Heather E. Monteiro of Dorchester, the late Rita J. Robateau, and the late Charles B. Robateau and his surviving spouse Jennifer of Florida. Rita was the loving grandmother of Nuria Simeon and her spouse Robert of Missouri, Heather "Vanessa" Camillo and her spouse Sebastian of Florida, Carmen Rodriguez of New York, Erren Robateau and his spouse Jim Ryczek of Rhode Island, and Erik Robateau and his spouse Farah Wong of Dorchester. She was the loving great-grandmother of Nia Tench of Missouri and Allister Robateau of Dorchester. Rita was also the dear sister of Bertram Tench of East Sussex, England, Louis Tench



RITA L. A. ROBATEAU

and his spouse Pam of Matapan. Rita was pre-deceased by her four brothers: Ronald "Dan", Frank, Rae, and Sylvian "Jim" Tench. She is also survived by many nieces and nephews as well as extended family and friends.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Sunday, June 11, 2023, 4-8 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy.

Her funeral service will be held on Monday, June 12, 2023, at 10 a.m. in Keohane Funeral Home, Quincy.

Services will conclude with interment in Forest Hills Cemetery, 95 Forest Hills Ave., Jamaica Plain, MA 02130.

See www.Keohane.com for directions and online condolences.

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Robert J. 'Bob' Largey, 62

Robert J. "Bob" Largey, a lifelong resident of Quincy, passed away, unexpectedly, Sunday, May 7, 2023 while working in Fenway Park. He died in right field. He was 62 years old.

Bob grew up in Squantum and was educated in the Quincy school system.

Bob enjoyed golfing and was a longtime member of Presidents Golf Course in Quincy, where he and friends spent many happy hours.

Though Bob lived in the city, his heart was in the woods. He dreamed of someday living in Maine, near his beloved Rangeley, where he spent many happy times with family, fishing, boating and enjoying the solitude and quiet of the Maine woods.

Bob began his career in the printing industry. He went on to work for the Massachusetts Bay Transportation Authority for twenty years. Following his retirement from the MBTA, Bob worked as a



ROBERT J. LARGEY

rigger for IATSE Local 11.

Bob was an artistic person. He had a passion for music and was an exceptional artistic blues rock guitarist that enjoyed playing and creating music with his friends. In addition to music, he was a talented artist who enjoyed sketching and drawing.

Bob will be remembered as a loving brother, and loyal friend.

Beloved and devoted son of the late Norma A. Largey (Timmins), who died in De-

cember of 2022, and Thomas L. Largey, Sr.

Devoted brother of Carolyn A. Smith of Rangeley, Maine, Dianne M. Brown and her husband Les of Squantum, and the late Thomas L. Largey, Jr. and his surviving wife Kelly of Squantum.

Loving uncle of John and Van Weisz, Thomas K., Robert M., and Aidan T. Largey.

A Memorial Funeral Mass will be celebrated at Divine Mercy Parish in the chapel at Sacred Heart Church, 386 Hancock St., North Quincy, on Saturday, June 10, at 10 a.m. A reception will immediately follow at The View at Presidents Golf Course, 357 W. Squantum St., Quincy. Relatives and friends are invited to attend.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy. You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

OBITUARIES

Laura J. Murphy-Eagles

Laura J. Murphy-Eagles of Quincy, died June 1, 2023, surrounded by her loving family.

Laura's life centered around two key areas; her family and her nursing profession. Her family was her greatest love and all of her children and grandchildren were proud to call her mom and nana. As a mother, she raised four wonderful children with her husband Bill and they enjoyed all their activities, sports games and family trips throughout the years. Laura was a compassionate and loving woman whose passion was caring for others. She devoted 36 years to her career as a pediatric oncology nurse. These children suffered from the most difficult forms of illness and she cared for these children and their families with dignity and compassion. The ocean renewed



LAURA J. MURPHY-EAGLES

Laura's energy and she and Bill cherished their time together on their boat chasing sunsets and making beautiful memories with family and friends.

Beloved wife of William B. Eagles of Quincy. Loving mother of William B. Eagles, Jr. of Braintree, Julianna Eagles of Wilbraham, Kara Lally of Dorchester, and Matthew Eagles of Quincy. Cherished sister of Thomas Murphy of Norwell

and Janet Murphy of Revere. Loving grandmother to Jordan and Brody. Also survived by many nieces and nephews.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Thursday 4-8 p.m. in the McDonald Keohane Funeral Home South Weymouth at 809 Main St. (Rte 18 opp. So. Shore Hospital). All guests are requested to meet directly at the church on Friday morning. Laura's Funeral Mass will be in Saint Ann's Church, Quincy at 10:30 a.m. Burial in Mt. Wollaston Cemetery, Quincy.

In lieu of flowers, donations in memory of Laura may be made to St. Baldrick's Foundation, 1333 South Mayflower Ave., Suite 400 Monrovia, CA 91016, <https://www.stbaldricks.org/>.

Rita A. Delgiacco, 96

Rita A. (Gerry) Delgiacco, age 96, a former longtime resident of Quincy, died peacefully, Wednesday, May 31, 2023 at Beth Israel Deaconess Hospital - Milton.

Rita was born in Hudson and raised in Quincy, where she spent most of her life. For the past several years, Rita resided at the Seth Mann Home in Randolph where she was lovingly cared for by an amazing group of caregivers.

Rita was employed by General Dynamics and Raytheon Technologies where she later retired. While at General Dynamics, Rita was proud to be the first woman to climb the stairs to the top of the Goliath crane at the former Fore River Shipyard in Quincy. Following her retirement, she was a volunteer at the former Quincy City Hospital. Rita was an avid reader, talented seamstress, and had a keen sense of fashion. She enjoyed walking and keeping herself



RITA A. DELGIACCO

active - always wearing her favorite color purple. Rita had a remarkable memory for both current events and those of decades ago. She attributed her longevity to the dark chocolate and desserts she enjoyed daily.

Rita, Re, Aunt Re will be remembered for her kindness, and the way she dedicated her time to taking care of others. She loved her family fiercely and created lasting memories for her nieces, nephews, and their children that they will forever cherish.

Rita was the beloved wife of the late Edward J. Delgiacco and cherished daughter of the late James F. and

Mary E. (Hearon) Gerry. The last of four siblings, she was predeceased by Robert E. Gerry, Mary E. Schlager, and Patricia A. Tehan. Rita is survived by many loving nieces and nephews, great nieces and great nephews.

Visiting hours were held at the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy, on Sunday, June 4, followed by a Funeral Service at the funeral home. Interment private.

In lieu of flowers, donations in Rita's memory may be made to the Perkins School for the Blind, Attn: Development Office, 175 North Beacon St., Watertown, MA 02372 or by visiting www.perkins.org.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Delia T. Penzo, 89

Delia T. (McDermott) Penzo, of Quincy, died peacefully in her home on Friday, June 2, 2023. She was 89.

Delia was born in Sligo, Ireland on September 18, 1933, and was the daughter of the late Patrick and Winifred (Shields) McDermott. She immigrated to the United States when she was 18 years old joining her two older sisters in Boston. Delia married Frank in 1954 and has lived in North Quincy where she raised her family for over 60 years. She was a devoted wife, mother, grandmother and great grandmother who adored her family. She will be sadly missed.

Delia was the beloved wife of the late Frank J. Penzo, who died in 2017. The two shared many loving years of marriage. She was the devoted mother of Patricia A. Leary and her husband Jack of Duxbury,



DELIA T. PENZO

Frank M. Penzo and his wife Karen of Weymouth, Michael Penzo and his wife Jacqueline of Quincy, Linda M. Williams and her husband Kevin of Braintree, Richard Penzo and his wife Debra of Quincy, Diann P. Antonetti and her husband Michael of Quincy, and Paul Penzo of Quincy. Delia was the loving grandmother of ten grandchildren and the loving great grandmother of seven great grandchildren. She is also survived by many loving nieces, nephews and extended family and friends. She was preceded in death

by her siblings: Winifred, Margaret, Mary, Thomas, Joseph, Bartholomew and Patrick.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Monday, June 12, 2023, 4-7 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy.

A Celebration of Life Service will be held in the funeral home at 9:30 a.m. on Tuesday, June 13, 2023, prior to the Funeral Mass at Divine Mercy Parish in Sacred Heart Church, Quincy at 10:30 a.m.

Services will conclude with interment in Pine Hill Cemetery, Quincy.

In lieu of flowers, memorial contributions may be sent in Delia's name to VNA Hospice, 100 Trade Center Dr., Suite G500, Woburn, MA 01801.

See www.Keohane.com for directions and online condolences.

How To Spot A Phony Website When Booking A Hotel Online

By BETTER BUSINESS BUREAU

If you are planning summer travel, keep an eye out for hotel booking scams. BBB Scam Tracker has gotten multiple reports of travelers falling victim to lookalike websites. Always

confirm you are on the right website before making hotel reservations.

How this scam works

You search for hotels in the city you plan to visit. Among the top search results is what appears to be an official hotel website or

a legitimate travel booking agency. When you click the link, you find a website with professional photos from the hotel and reasonable pricing.

Everything looks normal, so you decide to book a room. You enter your credit card information and check out. However, when you review your credit card statement, you notice you've been charged a much higher rate than you agreed. It turns out that you weren't on the official hotel website after all! You accidentally clicked on a third-party site without affiliation with the hotel.

When you contact the company to cancel your reservation, you may not be able to get through to anyone. And even if you do, they'll likely tell you you've made a non-refundable reservation. The best they can do is cancel your reservation and charge you for it anyway.

How to avoid similar scams:

- Only book hotels through official websites. The best way to avoid this kind of scam is to check and double-check you are on an official hotel website before you enter your credit card

information. Scammers are pros at building fake lookalike websites to fool you into giving up your information. Look closely at the URL to ensure you are on the hotel's official website or a booking agency you know and trust.

- Only make reservations through secure web-

sites. You'll also want to ensure websites and their payment pages are secure, meaning they start with <https://> and display a padlock symbol. If a web page isn't secure, don't enter your personal information and close the tab.

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun. Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

PLEASE RECYCLE



THIS NEWSPAPER

AAA: Massachusetts Gas Prices Remain The Same

The average gas price in Massachusetts is the same as last week, averaging \$3.52 per gallon.

Monday's price is 5 cents higher than a month ago (\$3.47), and \$1.42 lower than June 5, 2022 (\$4.94). Massachusetts' average gas

price is 3 cents lower than the national average.

"Although millions hit the road for Memorial Day, gasoline demand fell," said Mary Maguire, AAA Northeast Vice President of Public and Government Affairs. "Analysts will now be

watching for signs of price movement related to upcoming OPEC production cuts."

AAA Northeast's June 5 survey of fuel prices found the current national average to be 3 cents lower than

last week (\$3.58), averaging \$3.55 a gallon. Monday's national average price is 1 cent lower than a month ago (\$3.56), and is \$1.29 cents lower than this day last year (\$4.84).

PUBLIC NOTICE

CITY OF QUINCY, MASSACHUSETTS
Mayor James R. McIntyre City Hall
1305 Hancock Street, Quincy, Massachusetts 02169

PUBLIC NOTICE 2023 - 044

Presently pending in the Ordinance Committee of the Quincy City Council to be passed at a later date:

BE IT ORDAINED by the City Council that the Quincy Municipal Code is hereby amended in Chapter 270, Sewers and Water, at Section 270-2 "Payment" by amending Par. A and adding a new Par. C as follows:

Par. A shall be amended by deleting the first phrase "The amount of said contribution shall be" and inserting in its place, "The amount of said contribution shall not exceed ..."

And further, adding as a new **Par. C** the following:

C. The amount of each contribution shall be determined by calculating the change in anticipated water and sewer use directly related to the work set forth in the building permit for which application has been made; and, by analyzing the particular kind of development contemplated and its reasonably anticipated impacts on water and sewer use. The analysis shall be conducted by a licensed engineer selected by the building permit applicant, whose report shall then be reviewed by the City Engineering Department. Following that review, the City Engineer shall recommend a reasonable contribution that directly reflects anticipated increases in water and sewer use.

A TRUE COPY.

ATTEST: Nicole L. Crispo
Clerk of Council

6/8/23

INVITATION TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
Department of Public Works

INVITATION TO BID

The Department of Public Works for the City of Quincy, Massachusetts is seeking sealed bids for **ON-CALL EMERGENCY WATER, SEWER, AND DRAIN REPAIRS** until 11:00 a.m., local time **Thursday, June 22, 2023**, in the Office of the Purchasing Department, 1305 Hancock Street, Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud.

The City of Quincy Massachusetts will accept sealed bids for the on-call emergency water, sewer, and drain repairs throughout the City. The estimated value of the contract is \$450,000.00. A 5% Bid Bond is required.

All inquiries must be received via email to klogan@quincyma.gov and cc: mmardini@quincyma.gov thru June 16, 2023 by 12:00 p.m.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the Office of the Purchasing Department, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM. Specifications will be available June 7, 2023, at 10:00 a.m.

The bidding and award of this contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised. All applicable Federal, State and City of Quincy regulations in relation to and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced bids may be rejected.

Thomas P. Koch
Mayor
6/8/23

Alfred J. Grazioso
Commissioner

Kathryn R. Logan
Chief Procurement Officer

INVITATION TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
Department of Public Works

Thomas P. Koch, Mayor
Alfred J. Grazioso, Commissioner

INVITATION TO BID

The Department of Public Works for the City of Quincy, Massachusetts is seeking sealed bids for **ROAD IMPROVEMENTS 2023 QUINCY AVENUE** until 11:30 a.m., local time **Thursday, June 22, 2023**, in the Office of the Purchasing Department, 1305 Hancock Street, Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud.

The City of Quincy Massachusetts will accept sealed bids for the cold planing and resurfacing of Quincy Avenue, including sidewalks and curbing. The estimated value of the contract is \$5,125,530.90. A 5% Bid Bond is required. All work under this contract shall be completed by May 31, 2024.

The Bidder **must** be pre-qualified by the Massachusetts Department of Transportation for Highway Construction.

All inquiries must be received via email to klogan@quincyma.gov and cc: mmardini@quincyma.gov thru June 16, 2023 by 12:00 p.m.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the Office of the Purchasing Department, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM. Specifications will be available June 7, 2023.

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Non-responsive and/or unbalanced bids may be rejected.

Thomas P. Koch
Mayor
6/8/23

Alfred J. Grazioso
Commissioner

Kathryn R. Logan
Chief Procurement Officer

Three Quincy Teachers Receive Sonic Donations

SONIC Drive-In's SONIC Foundation recently donated \$1.5 million to match all public contributions made to requests on DonorsChoose, a national non-profit that allows individuals to donate directly to public school classroom requests submitted by teachers.

Three Quincy teachers recently received a total of \$208 from Sonic. They are:

• Ms. Pieper at Lin-

coln Hancock Elementary School for the project "Decodable Readers for All!" for Grades PreK-2.

• Mrs. Bargar at Montclair Elementary School for the project "Montclair Monarchs Garden Club Help Us Grow!" for Grades 3-5.

• Ms. Racicot at Snug Harbor Community School for the project "Surviving The Last Month" for Grades PreK-2.

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE STR 23-4

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, June 20, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Wai Chu for a Special Permit to operate a short-term rental business in accordance with Quincy Municipal Code 196-14 - Short-Term Residential Rentals on the premises numbered 8 NEWHALL STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

Martin Aikens, Chairman

6/1/23, 6/8/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-43

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, June 20, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Thomas O'Connor for a Variance to install an eight (8) foot fence along the easement line and a six (6) foot fence along the rear property line in violation of the Quincy Zoning Ordinance, Section 4.2.8 Fences and Hedges on the premises numbered 68 OCEAN AVENUE, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

Martin Aikens, Chairman

6/1/23, 6/8/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-44

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, June 20, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Lino Granata for a Variance and Finding to construct a shed dormer on one side and a set of exterior secondary access stairs in violation of the Quincy Zoning Ordinance, Sections 3.4.2 Nonconforming Uses, 4.1.1 Dimensional Requirements (Conformance) and 5.1.8 Table of Off-Street Parking Requirements on the premises numbered 139-141 ELMWOOD AVENUE, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

Martin Aikens, Chairman

6/1/23, 6/8/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-45

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, June 20, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Karlis P. Skulte for a Special Permit/Flood Plain to demolish the existing building and construct a storage and maintenance building on the northern part of the property and a showroom building on the southern part of the property in violation of the Quincy Zoning Ordinance, Section 8.1.9 Flood Plain Overlay District (Special Permit) on the premises numbered 40 FOLLETT STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

Martin Aikens, Chairman

6/1/23, 6/8/23

Managing Insects And Diseases In The Garden

By MELINDA MYERS

A bit of prevention goes a long way in minimizing insect and disease problems in the garden. Enlist a holistic approach known as Plant Health Care to manage your ornamental and edible gardens. It starts with proper plant selection and care and ends with using the most eco-friendly controls when problems do occur.

Start by selecting plants suited to the growing conditions. Match your plants to the light, soil, and other growing conditions in your yard. You'll have healthier plants that require less ongoing care and are less prone to pests, helping to increase your gardening success.

Look for and purchase the most pest-resistant plants available. Garden phlox and bee balm are frequently attacked by powdery mildew. Purchase mildew-resistant varieties like Backlight with white flowers, Glamour Girl with hot coral pink blossoms, and the Ka-Pow series that comes in

a variety of colors. Look for mildew-resistant bee balm varieties like the Sugar Buzz series in shades of lavender, pink and red, and the compact Balmy series to reduce the risk of this disease.

Provide proper care throughout the growing season. Water thoroughly and only as needed to encourage a deep robust root system better able to absorb needed nutrients and water. Apply water directly to the soil and early in the morning to reduce the risk of disease and water loss to evaporation. Mulch the soil surface with shredded leaves and evergreen needles to conserve moisture, suppress weeds, and improve the soil. This one task provides many benefits to you and your plants.

Avoid over-fertilization. Excess nitrogen promotes lush succulent growth that is more susceptible to insects and disease and may interfere with flowering and fruiting.

Check plants regularly and throughout the season

for any signs of insects and disease. Look on the upper and lower surface of the leaves and along the stems. It is much easier to treat a small population of insects or pluck off a few diseased leaves than trying to control large pest populations.

Properly identify the pest. Most insects, over 97%, are good guys that pollinate our plants, eat insect pests, and help compost plant waste. Knowing the good from the bad and the harmful from those that are just annoying can save you time, money, and frustration. Consult your University Extension's website, local botanic gardens, and other horticulture professionals for help with diagnosing and treating problems.

And if control is needed, look for eco-friendly options. A thorough cleanup is often enough to reduce insect and disease problems to a tolerable level. Spraying plants with a strong blast of water to dislodge aphids and mites, knocking problem

insects into a can of soapy water, or removing spotted leaves may be all that's needed.

Use barriers like floating row covers to prevent damage from cabbage worms and bean beetles. University research has found that with proper timing these products can also help reduce the risk of squash vine borer, squash bugs, and cucumber bacterial wilt.

If you opt for chemical control, look for an organic or the most eco-friendly product labeled for managing disease or insect pests. As always, read and follow label directions for the best and safest results.

Enlisting a holistic approach allows you to work with nature to grow a beautiful and productive garden.

Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook*, 2nd Edition, and *Small Space Gardening*. She hosts *The Great Courses* "How to



POWDERY MILDEW disease on phlox.

Photo Courtesy MelindaMyers.com

Grow Anything" instant video and DVD series and the nationally syndicated *Melinda's Garden Moment* TV & radio program. Myers is a

columnist and contributing editor for *Birds & Blooms* magazine and her website is www.MelindaMyers.com.

BBB Tips For Planning An Event Or Looking For A Good Deal For A Family Vacation

By BETTER BUSINESS BUREAU

In 2022, U.S. consumers lost a median amount of almost \$700, compared to 2021, with a loss of \$620, according to data provided by BBB Scam Tracker. Scammers often take advantage of consumer habits and capitalize on trending internet searches, enticing consumers with great deals to popular destinations or all-inclusive packages. While these scams persist year-round, they often increase in frequency during increased travel, such as spring break and the holiday or summer season.

When planning an event or looking for a good deal for a family vacation or getaway, BBB encourages people to plan to save money, avoid scams, and travel safely.

Scammers often target people looking for great deals online by offering tempting vacation packages at unrealistically low prices. One place to begin an online search is BBB.org for finding reputable travel agencies, agents, and websites.

BBB adds the following tips to help ensure an enjoyable vacation:

- **Plan ahead.** Allow plenty of time to research hotels, flights, and your stay area. Typically, the earlier reservations are made, the better the deals and the lower the risk of the destination being booked solid. Making reservations in advance also locks in rates and prevents higher prices later during prime spring break, peak summer, or holiday travel

seasons.

- **Avoid broad internet searches.** Entering phrases like "best deals" into which ever search engine is used can sometimes bring up websites that look official but are designed solely to rip people off.

- **Be alert for travel scams.** Watch out for phone calls or letters claiming a "free trip" or websites offering prices that appear too good to be true. It's easy to extend questionable offers like these, but most leave hopeful travelers in limbo — and out of money. Learn more about travel scams here.

- **Do your homework.** Ask family and friends to recommend a travel agent or website, and visit BBB.org for free Business Profiles. Research the business and read customer reviews about any rentals under consideration.

- **Get trip details in writing.** Before making a final payment, get all the trip details in writing. This should include the total cost, restrictions, cancellation penalties, and names of the airlines and hotels. Also, review and keep a copy of the airline's and hotel's cancellation and refund policies, as well as the cancellation policies of the travel agency or booking site used.

- **Consider travel insurance.** Travel insurance covers things like trip cancellations or medical emergencies. There are different levels of coverage based on what type of plan purchased. Ask many questions, and always read the fine print

to see what's covered and what's not.

- **Pay with a credit card.** Paying with a credit card provides additional protection if something should go wrong with the travel reservation.

- **Planning to travel internationally?** Check to see if any advisories affect Canada and the U.S. Travel Association for any issues that may impact the trip.

No matter when or where you are traveling, take extra precautions:

- **Wait to post on social**

media. It's fun to post adventures with friends and family but wait until getting back from the trip. Photos and social media posts of the family having a great time also lets thieves know the house is empty.

- **Check your home insurance.** If your home will be unattended while away, make sure you know your responsibilities under your home insurance policy. Some policies do not cover damage if nobody checks on your home for a while.

- **Share a copy of the**

itinerary with a family member or close friend. Include the contact information of someone joining you on your trip.

- **Take a map.** People rely heavily on smartphones and GPS. Consider having an atlas or hard copy map just in case of technical difficulties.

- **Check the weather conditions** where you will be traveling and pack appropriate supplies and clothing.

- **Avoid traveling alone.** Use the buddy system and stick with the group.

- **Use a hotel safe** to store extra cash and keep valuables under lock and key.

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO23P1394EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Rose C. Donovan
Date of Death:
03/02/2023

To all persons interested in the above captioned estate, by Petition of:

Petitioner **John T. Donovan of Quincy, MA**

John T. Donovan of Quincy, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

6/8/23

Tips To Prevent Skin Damage And Promote Cancer Protection

Dr. Fayne Frey, a nationally recognized dermatologist, vows, "Sunscreen is a must," and talks about the scientific studies that show the health benefits of applying daily sunscreen in her book "The Skincare Hoax: How You're Being Tricked into Buying Lotions, Potions & Wrinkle Cream" which was a No. 1 New Release in Health, Mind & Body on Amazon.

Dr. Frey offers eight essential tips to prevent skin damage and promote cancer protection:

- Adults should use a minimum of 30 SPF. A broad-spectrum sunscreen with an SPF of 30 or higher is recommended for all adults.

- Kids and those with sensitive skin should use mineral sunscreens. Those that contain titanium dioxide and zinc oxide filters.

- Avoid direct sun exposure at all times. Direct sun

exposure should be avoided at all times. Ultraviolet light from the sun does penetrate clouds and therefore sunscreen should be applied even on overcast days. Remember that no sunscreen is 100% protective of the sun's harmful UV rays.

- After 5 sunburns your risk of melanoma doubles. Frequent tanning and sunburn increase the incidence of skin damage and skin cancer.

- Spray tans and self-tanner lotions are not harmful to the skin, but you STILL NEED to apply SPF. Spray tans and self-tanners are not detrimental to the skin; however, they do not offer any protection from the sun's rays.

- If you're Vitamin D deficient, take a supplement; do not sit in the sun. The AAD does not recommend getting Vitamin D from direct, unprotected sun exposure.

If you're diagnosed with this deficiency, take supplements and use SPF protection.

- Skin cancer occurs in ALL skin types. The incidence of skin cancer is higher among lighter complected individuals; however, skin cancer does occur in all skin types.

- Get an annual skin exam. As part of a complete early detection strategy, the Skin Cancer Foundation recommends a check-up annually for adults, or more often if you are at a higher risk of skin cancer, for a full body professional skin exam.

In addition, Dr. Frey can discuss the concerns many have regarding the safety of FDA-approved sunscreen filters as well as share her thoughts on the mRNA vaccine that can reduce melanoma recurrence in high-risk patients.

SUN FUN PAGES

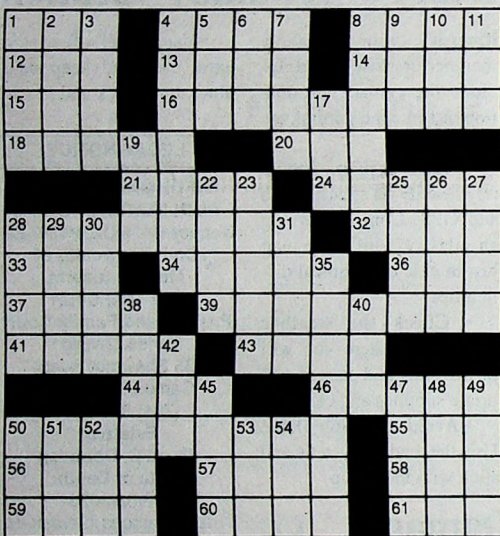
King Crossword

ACROSS

- 1 Cave flier
4 Beanies
8 Experts
12 Punk rock off-shoot
13 Classic the-aters
14 Global septet
15 Ages and ages
16 When bar drinks are dis-counted
18 First-rate, in slang
20 Perched
21 Apothecary measure
24 Of the Arctic
28 Annual cele-bration for a saint
32 Forbidden act
33 Freedom, for short
34 First half of an LP
36 Pol. party org.
37 Raw materials
39 Magazine founded in
- 1933
41 Costume
43 Admin. aide
44 Composer
46 Grammarian's concern
50 Freshman
55 Pen name
56 Garfield's pal
57 North Sea feeder
58 "This tastes awful!"
59 Engrossed
60 Conked out
61 Uncle (Sp.)
- 17 Chatter
19 Rx writers
22 Tennis score
23 Tyler Perry per-sona
25 Mine find
26 Diarist Frank
27 Boulder
28 Promote aggressively
29 Hibernia
30 Help a hood
31 Evergreen trees
35 Promised
38 Twilight time
40 Scale arnts.
42 Favorite
45 Turned blue?
47 Border on
48 Leslie Caron role
49 Repeat
50 Supporting
51 Lupino of film
52 Wardrobe mal-function
53 Peyton's brother
54 Actor Vigoda

DOWN

- 1 Gridlock sound
2 Latin love
3 Singer Braxton
4 Companions
5 Oklahoma city
6 Zing
7 Easy targets
8 Actor Kutcher
9 Corp. boss
10 Vichy water
11 Old map let-ters



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MAGIC MAZE • BOBBY —

A X U R P M J G D A X V S Q N
K I F H D A X V T Q N O P S M
J H F C U A Y W G U R I G P N
L J N H F L D O B Z N G R X V
T R Q O V A L E N T I N E A O
M K I H T D F D E R R O H B D
Z S R E S N U Y D W R S C V T
R Q K B E I I O W N E I S L K
I H O C N J F V O D F L I C A
Z R X W O V U S B R C L F Q O
O N M K J S J I H F M A E D B

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: GARMENTS FOR THE FEET

Allison Goldsboro McFerrin Unser
Bowden Hull Orr Valentine
Darin Jindal Pin Vinton
Fischer Jones Riggs

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HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sign is missing; 2. Window opening differs; 3. Container is missing; 4. Sleeve is shorter; 5. Buttons are missing; 6. Title differs.



1. MOVIES: Which actor voiced the character of Darth Vader in the first three "Star Wars" movies released?
2. TELEVISION: Which was the first TV show to react to the 9/11 attack on the United States?
3. LITERATURE: Who is the youngest person to win the Nobel Prize for literature?
4. HISTORY: Which city did Anne Frank and her family live in hiding before they were discovered?
5. ANIMAL KINGDOM: What is the tallest breed of dog?
6. FOOD & DRINK: What is considered the national

dish of Spain?

7. GEOGRAPHY: Which is the only city that also is the smallest country in the world?
8. GENERAL KNOWLEDGE: Which holiday is considered the Jewish New Year?
9. ANATOMY: What are the bones in the fingers called?
10. ASTRONOMY: How many primary phases of the moon exist?

Answers

1. James Earl Jones.
2. "The West Wing."
3. Rudyard Kipling.
4. Amsterdam.
5. Great Dane.
6. Paella.
7. Vatican City.
8. Rosh Hashanah.
9. Phalanges.
10. Four.

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Wishing Well®

4 2 3 6 7 2 8 7 5 4 7 2 5
L Y E L Y O C O B E U U E
3 4 6 3 4 8 6 3 7 3 5 3 8
V A I E D O F N C T G F N
2 7 6 7 5 3 5 8 5 3 2 3 4
T O E M I U N T N L H M O
5 6 3 4 6 8 2 8 7 5 8 3 6
E I E T N R R O P W L E B
8 5 6 4 7 5 4 2 7 4 8 4 5
B P A H I R E I L R U S O
8 6 5 2 8 3 2 3 5 3 7 8 7
D L J V G T E I E N E E W
8 7 5 7 5 3 6 7 6 7 6 7 6
T E C A T G A L N T C H E

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) You Ewes and Rams will find your ideas cheered by a mostly receptive flock. Those few dissenters could well be turned around by your charm and powers of persuasion.

TAURUS (April 20 to May 20) It's time for the bold and beautiful Bovine to shake off the dust of the past and shape up new ideas for the future. This could surprise some folks, but they'll soon adjust.

GEMINI (May 21 to June 20) Those nagging new doubts about an upcoming decision should alert you to step back (at least temporarily) so you can reassess its potential impact from a new perspective.

CANCER (June 21 to July 22) That unpleasant situation you hoped would go away by itself needs immediate attention before it affects an upcoming decision. Expect your supporters to rally around your cause.

LEO (July 23 to August 22) You're moving up and away from that recent setback. But remain cautious about finances. An exercise in thrift today helps cushion a possible end-of-the-month money squeeze.

VIRGO (August 23 to September 22) You're still dealing with overtones of pessimism that cause you to doubt your ability to make some needed changes. But the negative pressures will ease up by week's end.

LIBRA (September 23 to October 22) There could be some fallout from the way

you handled a recent family problem. But those who know that you were in the right won't hesitate to step in on your behalf.

SCORPIO (October 23 to November 21) Financial strains ease by week's end. Meanwhile, focus on cultivating that new relationship if you hope to have it blossom into something more meaningful.

SAGITTARIUS (November 22 to December 21) Health matters once again dominate the week. Be careful not to ignore recurrences of an old problem. An almost-forgotten commitment resurfaces.

CAPRICORN (December 22 to January 19) The emergence of an unusual selfish streak could dismay those close to you. Defy it — don't justify it — so you can become your gracious self again.

AQUARIUS (January 20 to February 18) Reassess your decision to stay with the status quo. It might seem like the sensible thing to do right now, but changes around you could make that choice a risky one.

PISCES (February 19 to March 20) Move decisively, but cautiously, when dealing with a delicate personal matter. The fewer mistakes you make now, the less likely it is that the problem will recur later on.

BORN THIS WEEK: You can find beauty where many cannot, and you enjoy sharing your discoveries with others.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

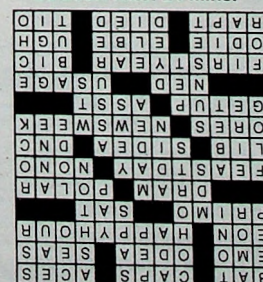
Clue: M equals B

HPCY YOCZ-XWZWTOE MCTTDOT
VDBPY JWVO QWZDXO MO
HTCQQDAB CTWLAE C XTDVO
JXOAO? XWTEWA MZLO.

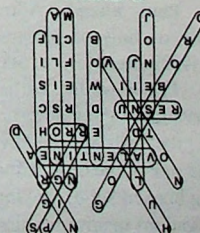
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King Crossword — Answers

Solution time: 24 mins.



Magic Maze ANSWERS:



CryptoQuip

answer
scene? Cordun blue.
might some police be
What teal-colored barrier

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD – Whoopi Goldberg has said for some time that she'd never do another "Sister Act" because so many of the original actresses who played nuns have passed away. In 2013, she explained, "It just wouldn't feel right for me. I'm kind of old for it now... that's not to say I wouldn't do it, but it feels like there's a new generation for 'Sister Act' and so maybe I can be a nun now." But, thanks to Tyler Perry, who'll produce and direct the next film, "Sister Act" will live again with Goldberg starring. Maybe his most famous character, Madea, can get into the sister act!

Forget about James Bond... talks are afoot for Eddie Murphy to take on Peter Sellers' classic Inspector Clouseau in a reboot of "The Pink Panther," to be directed by "Sonic the Hedgehog" filmmaker Jeff Fowler.

Nov. 22, 1963 is a day many of us remember because of the assassination of President John F. Kennedy. Many films have been made about that day – "Executive Action" (1973), "JFK" (1991), "The Secret KGB JFK Assassination Files" (1999), "Killing Kennedy" (2013), "Parkland" (2013) and "I Killed JFK" (2014), to name a few. In 2021, Oliver Stone's documentary, "JFK Revisited: Through the Looking Glass," disputed the Warren Commission's finding that Lee Harvey Oswald was the sole

shooter. Now, get ready for the latest take on it. It's a thriller called "Assassination," starring Al Pacino, Viggo Mortensen, John Travolta, Shia LaBeouf and Courtney Love. The film's being directed by Pulitzer-Prize-winning playwright David Mamet from a script he co-wrote with Nicholas Celozzi. But here's the twist – the film's being told from the point of view of the mob, reimagining JFK's death as a hit ordered by Chicago mob boss Sam Giancana as payback for JFK's attempt to undermine the mob after they helped get him elected. It starts shooting in Vancouver in September.

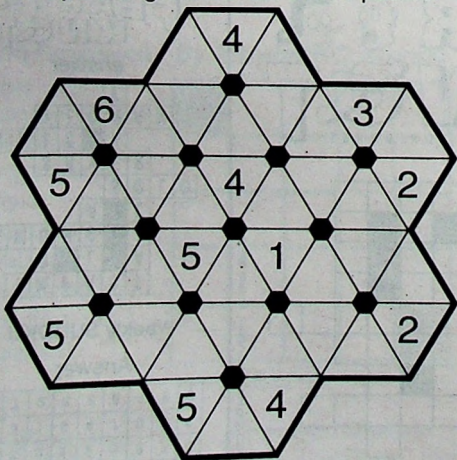
It'll take all the tricks in Mamet's literary bag to pull this off, since the most popular theory is that JFK thought Marilyn Monroe had been murdered by the CIA as their way of putting a lid on their affair. To keep JFK from cutting their funding, they set up Oswald (who was a secret agent for them) to take the fall. In the book "Marilyn Monroe: A Case for Murder" by Jay Margolis, he had documentation that showed a CIA agent in the car behind JFK hearing the shot and drawing his gun; the car then jerked, and his gun fired. He was a second shooter, but it wasn't revealed until after his death 50 years later (how convenient). All witnesses, over 100 of them, died within a year of JFK's death. But, now, we will get to see how the mob might have handled the "hit."

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	x		-			29
+		-		+		
	-		x			20
x		x		x		
	x		+			20
26		27		10		

1 2 2 3 4 5 6 8 9

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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Silver Plate – This silver on copper "bisquit jar" is a classic Victorian piece. It uses an old spelling for "biscuit," a British-English term. In present day American English, we would call it a cookie jar. Silver and silver plate were popular in the Victorian era. Almost every type of food had its own specific serving dish or utensil made of silver. "Old Sheffield" refers to a special kind of silver plate made in Sheffield, England, in the 18th century. The silver was hand-rolled in sheets over copper. Most silver plate made in the 19th century is electroplated.

This jar may not be Old Sheffield silver, but it was made in the city of Sheffield. It sold for \$270 at a Selkirk auction. Its pelican hallmark identifies it as the work of Thomas Wilkinson's firm, which received a Royal Warrant from Queen Victoria in the 1840s.

Q: When I was young, my mother made braided rugs from old wool coats. I braided the strips of fabric she created from the coats. Two large rugs that we made have been in daily use for 85 years and show very little wear. I am now 90. I might sell them and would like to know what they are worth. Do they have any resale value?

A: There's a rich history of braided rug making in the United States that began in the American colonies. The craft was inspired by Native American weaving techniques. The process is the same way the settlers recycled and repurposed worn clothing into rugs, giving them a new, useful purpose. Large handmade rugs similar to yours have recently sold

for \$65 to \$175.

TIP: A "cut" autograph, one that's on a small piece of plain paper, is more attractive to a buyer if it's professionally matted with a photo of the player who signed it.

CURRENT PRICES

• Dinnerware, Iroquois Casual, bowl, vegetable, divided, indented handles on sides, yellow, Russel Wright, Steubenville Pottery, 1947-1967, 2 1/4 x 10 1/4 inches, \$35.

• Coca-Cola vending machine, Drink Coca-Cola, Serve Yourself, metal, red, white letters, rectangular coin box with slot on top, 25 x 30 x 41 inches, \$675.

• Pair of lamps, copper base, bulbous, tapered, banded, tapered shade with copper frame and mica panels, pull chain, Mica Lamp Co., 23 x 21 inches, pair, \$750.

• Sterling-silver centerpiece bowl, asymmetric form, turned up edge, three short tapered feet, Modernist, Mexico, 20th century, 17 3/4 inches, \$880.

• Advertising sign, Borden's Ice Cream, lithographed tin, embossed, die cut strawberry ice cream cone, Elsie in daisy logo, 1900s, 59 x 35 inches, \$1,250.

• Galle cameo glass vase, purple irises, cream shaded to yellow ground, bulbous, tapered, flared neck, signed Galle, c. 1900, 16 x 6 inches, \$2,000.

Looking to declutter, downsize or settle an estate? Kovels' Antiques & Collectibles Price Guide 2022 by Terry and Kim Kovel has the resources you're looking for.

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STICKELERS

by Terry Stickels

"Biennial" means something that takes place once every two years. A "triennial" takes place once every three years. How many years does each of the following words represent?

- a) undecennial
- b) vicennial
- c) semicentennial
- d) quincennial

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Strange BUT TRUE

• The "Guinness World Records" holds the world record for being the most stolen book from public libraries.

• Some New York City taxis are actually undercover cop cars.

• Nintendo was sued and found guilty because kids were getting blisters from playing too much Mario Party.

• A cow named Cincinnati Freedom lived up to her name when she evaded police officers for 11 days after jumping a 6-foot fence to escape a slaughterhouse. Once caught, she was given the key to the city by Cincinnati's mayor and allowed to peacefully live out her remaining days in a New York sanctuary.

• Before he became the ax-man for Guns N' Roses, Slash auditioned for the band Poison but decided not to join when he was asked about wearing makeup.

• Persian King Agha Mohammad Khan ordered the

execution of two servants for being too loud. Since it was a holy day, he postponed the event for 24 hours and made the servants return to their duties. It turned out to be an unfortunate decision, as they murdered the ruler in his sleep that very night.

• When George Washington died, Napoleon Bonaparte gave a personal eulogy and ordered a 10-day mourning period for France.

• By 1930, doping had become so prevalent and even accepted in the Tour de France that its organizers felt compelled to inform cyclists in the official rulebook that drugs would not be provided.

• Onions are the only commodity banned from futures trading in America.

• The man for whom Mount Everest was named, George Everest, didn't want the honor, pointing out that his name was difficult to write or pronounce in Hindi and that all previous Himalayan peaks were officially given indigenous names.

Thought for the Day: "Live deep instead of fast." – Henry Seidel Canby

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Now here's a tip!

by Jo Ann Derson

• Purchase a large tub of cookie dough, and when you make the first batch, go ahead and portion out the remaining dough by teaspoons onto a cold cookie sheet. Freeze as balls, and then replace them in the container they came from. Refreeze. Now you can take out only as many cookies as you would like to make, and cook them straight from frozen.

• "This is a tip for painting stairs. Paint every other stair. Let them dry. Then paint the other stairs. This will make your staircase usable the whole way through your paint job." – R.L. in Michigan

• Spray old artificial flowers with hair spray to make the look fresh and vibrant.

• Many food containers can be reused to store personal items. Glass jars can be cleaned and labels removed. Paperboard boxes can be

custom trimmed and covered with leftover wrapping paper or wallpaper. Paper milk cartons can be cleaned with soap and water, dried thoroughly then painted to hold a variety of items. Don't overlook the many possibilities in a piece of recycling or trash.

• Use plain household vinegar to kill grass that grows in the cracks of walkways and driveways.

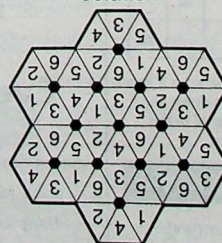
• "Use bathroom fans appropriately. Make sure to turn them off. They vent air to the outside, and that includes your paid-for air conditioning, too. Close the bathroom door after showering and let the fan run for about 10 minutes. Then turn it off." – D.A. in Texas

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

solution



Stickelers Answer

Go Figure! answers

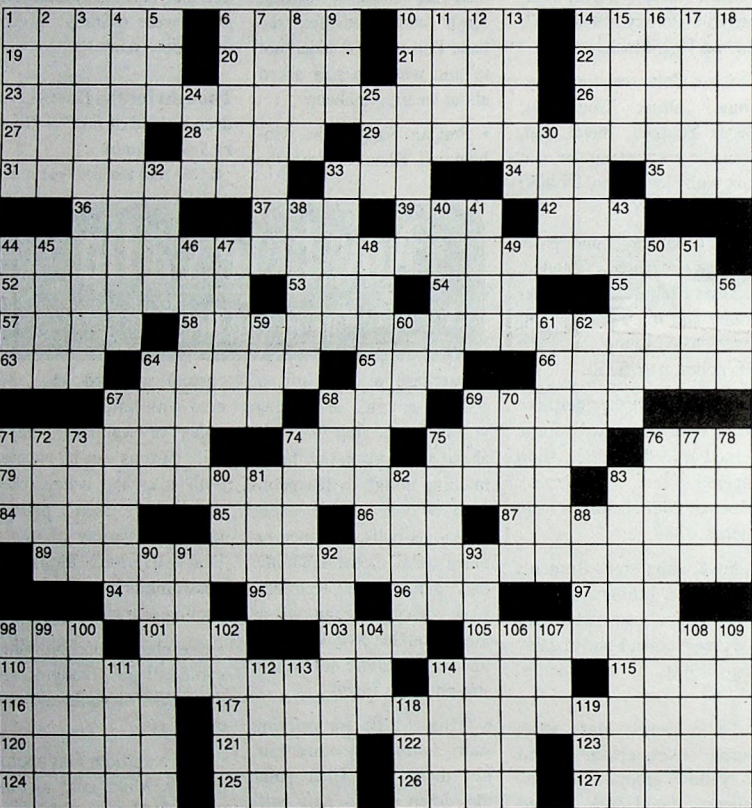
10	27	26
20	2	6
x	x	x
20	4	8
+	-	+
29	1	5

- (d) 500 years
- (c) 50 years
- (b) 20 years
- (a) 11 years

Super Crossword

WORKING IN 2-D

- ACROSS**
- 1 PC program shortcut
 - 6 Flog
 - 10 Pelting precipitation
 - 14 — Hopkins University
 - 19 Alternative
 - 20 Parka feature
 - 21 Quattro or TT carmaker
 - 22 Consume entirely
 - 23 King penguin's son?
 - 26 Dazzling light
 - 27 A, in Berlin
 - 28 Italian island
 - 29 Give a steed a spanking?
 - 31 Handheld firework
 - 33 Ad —
 - 34 Direction from Ariz. to Ky.
 - 35 Actor Danson
 - 36 Hwy. violation
 - 37 Back in time
 - 39 Western treaty gp.
 - 42 Answer to "Are you?"
 - 44 Driving coast to coast on icy roads?
 - 52 — Purina (old pet food company)
 - 53 Consumed
 - 54 Negative point
 - 55 Platform for speakers
 - 57 Folkie
 - 58 "It makes sleeping comfortable," e.g.?
 - 63 "A Nightmare on Elm Street" director
 - 64 Like Dubliners
 - 65 Inning third
 - 66 Berate loudly
 - 67 Holy images
 - 68 Device like a Tivo, in brief
 - 69 Jigsaw unit
 - 71 Repeated
 - 74 U.S. org. with operatives
 - 75 One — (a handful)
 - 76 Writing tablet
 - 79 Nylon tights for people who are losing a lot of weight?
 - 83 "— la Douce"
 - 84 Hauling rig
 - 85 Gut-punch reaction
 - 86 Tree of Illinois
 - 87 Alternative to grits
 - 89 Violins donated to people who've gone broke?
 - 94 Prior to
 - 95 Cool, 1940s-style
 - 96 "See ya!"
 - 97 With
 - 115-Across, "Quit dreaming!"
 - 98 Ovine whine
 - 101 Water, to Yvette
 - 103 K-12 gp.
 - 105 Rebuke
 - 110 Presently
 - 114 Mix
 - 115 See
 - 116 Growing older
 - 117 Villain from a Virginia city?
 - 120 Roofing tile
 - 121 Writer Wiesel
 - 122 Frightful giant
 - 123 Sewing cases
 - 124 Skin qualities
 - 125 Split apart
 - 126 Go beyond
 - 127 Plains shelter
 - DOWN**
 - 1 Is sulky
 - 2 Take — (go somewhere)
 - 3 Porcelain babies, maybe
 - 4 "The Intern" actress
 - 5 Tolkien menace
 - 6 Entire
 - 7 Informal German tavern
 - 8 The Hawkeye State
 - 9 High-tech "appt. book"
 - 10 Gave birth to Tom, Dick or Harry?
 - 11 "— Lang Syne"
 - 12 Screened at a bar door
 - 13 Twisted cotton thread
 - 14 Archie's pal, in comics
 - 15 World capital on a fjord
 - 16 Valentine's Day symbol
 - 17 Surgery aide
 - 18 Quickness
 - 24 Twisting fish
 - 25 Print quality meas.
 - 30 City in Oklahoma
 - 32 Commercial suffix with Star or Sun
 - 33 State-run game
 - 38 Grind, as the teeth
 - 40 Natty scarf
 - 41 Hershey candy bar
 - 43 Halfway point
 - 44 Bird's guile
 - 45 Unusual
 - 46 Become rusty, say
 - 47 — a million
 - 48 Maker of major repairs
 - 49 Like musical works with five sharps
 - 50 Hardwax bit
 - 51 Gershon of "Killer Joe"
 - 56 USMC NCO
 - 59 Sure-footed equine
 - 60 Parka feature
 - 61 Glasses and goggles
 - 62 1920s-'30s art style
 - 64 Frosted
 - 67 Potassium — (table salt additive)
 - 68 Major racket
 - 69 Counterpart of 54-Across
 - 70 "No problem"
 - 71 Slalom curve
 - 72 Dish
 - 73 Half: Prefix
 - 74 — latte (espresso)
 - 75 "Someone to Watch Over Me" musical
 - 76 Made attractive
 - 77 "I'm —" (greeting in Apple ads)
 - 78 "Cagney & Lacey" actress Tyne
 - 80 Sushi eggs
 - 81 Ritzy
 - 82 "— dabba doo!"
 - 83 Obtain by entreaty
 - 88 Pulls hard
 - 90 Earth-scooping machines
 - 91 Preside over
 - 92 Sided against
 - 93 Bee fluids
 - 98 Be a braggart
 - 99 — Saxon
 - 100 Thai or Iraqi
 - 102 Gut problem
 - 104 Old Pan Am competitor
 - 106 Trail activities
 - 107 Billy Joel's "Just the Way You —"
 - 108 Hawkins of "Li'l Abner"
 - 109 Morn on "Family Ties"
 - 111 Poker stake
 - 112 "Wilde" actress Jennifer
 - 113 No, in Bonn
 - 114 Onetime Nintendo rival
 - 118 Daddy
 - 119 Poker stake



celebrity extra

by Dana Jackson

Q: Where have I seen the actress who stars in the HBO series "Somebody Somewhere"? Was she a stand-up comedian? — J.J.

A: The acclaimed series "Somebody Somewhere" recently concluded its second season, with Bridget Everett as the star of her semi-autobiographical series. You might recognize her as a stand-up comedian, most notably doing her routine on comedy specials as well as the series "Inside Amy Schumer."

Everett previously attended Arizona State University on a full scholarship to study music and opera. She got a standing ovation when she performed the song "Piece of My Heart" on "The Tonight Show Starring Jimmy Fallon" and later incorporated a performance of the same song on "Somebody Somewhere."

Prior to landing a starring role in her own series, she guest-starred on shows like "2 Broke Girls" and "AJ and the Queen," and she also had a dramatic role as a foster mom in the Netflix miniseries "Unbelievable."

You can watch the first two seasons of the heartwarming dramedy "Somebody Somewhere" on the recently re-named streaming service Max

(formerly HBO Max).

Q: I've gotten really hooked on "The Night Agent" on Netflix. There's a character on the show named Diane Farr. I could have sworn there is also an actress with that same name. Am I mistaken? — D.E.

A: While Oscar-nominated actress Hong Chau ("The Whale") plays a fictional character named Diane Farr in the Netflix series "The Night Agent," there is indeed an actress with that same name. The actress Diane Farr currently stars on another hit show — "Fire Country" — and previously played an FBI agent on "Numb3rs."

"The Night Agent" began as a novel by Matthew Quirk. The author originally named Chau's future character Diane Carruthers, but changed it to the shorter surname of Farr before publication. He told TVLine that he never heard of the actress Diane Farr when he penned the book, but now that he's aware of her, he said, "I recognize her from many shows I've seen — and she's great!"

Interestingly, according to Shawn Ryan, showrunner of "The Night Agent," Farr actually auditioned for the role that bears her name, but didn't get the part. "It's tough to tell Diane Farr she can't play Diane Farr," Ryan added.

"The Night Agent" has been a big hit for Netflix, earning a renewal for a second season not long after its premiere.



Bridget Everett stars in the HBO series "Somebody Somewhere."

DepositPhotos

Q: When is "Stranger Things" returning with its final season? I've read conflicting information. — L.S.

A: According to "Variety" magazine, the supernatural hit Netflix series "Stranger Things" has halted production of its fifth and final season due to the writer's strike. Even if all the episodes' scripts are written for a show, writing doesn't stop once filming begins. Therefore, since the WGA (Writers Guild of America) strike is still in progress, showrunners Ross and Matt Duffer have ceased filming until negotiations reach a satisfying conclusion.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Toast topping — T — — — — Crabbe or Keaton — — S — — —
2. Envy's color — — — — N — — — — Athens' language — — — — K — — —
3. Movement M — — — — — Salve — — — — L — — — —
4. Household task — — — — R — — — — Decided upon — — — — S — — —
5. Sylvester's prey — — — — E — — — — One score — — — — N — — —
6. Saunter — — — — B — — — — Plenty — — — — P — — —
7. Confess — — — — P — — — — Of late — — — — C — — —
8. Musician Manilow — — A — — — — Small fruit — — — — E — — —
9. Outspoken V — — — — — Indigenous — — — — L — — — —
10. Pig's protest — — — — — L — — — — Sound of a noisy door — — — — K — — —

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

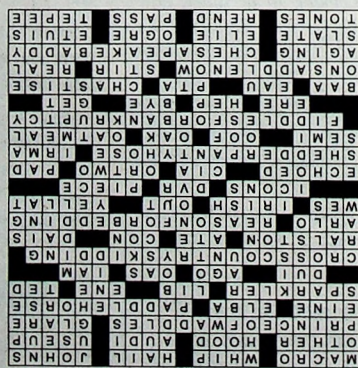
DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Super Crossword

Answers



Even Exchange answers

1. Butter, Buster
2. Green, Greek
3. Motion, Lotion
4. Chore, Chose
5. Twenty, Twenty
6. Amble, Ample
7. Repent, Recent
8. Barry, Berry
9. Vocal, Local
10. Squeal, Squeak

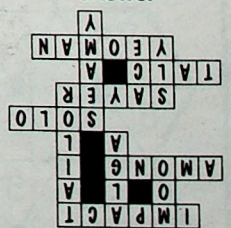


ECA
TIPCAM
EYMAS
OOLS
ORTLIA
YSL
ACTL
♥ NOGAM
OMO
NOYAME
♥ ESYRA
♥ LAAG

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

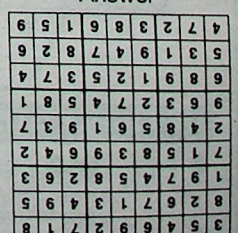
FEAR KNIGHT

answer



Weekly SUDOKU

Answer



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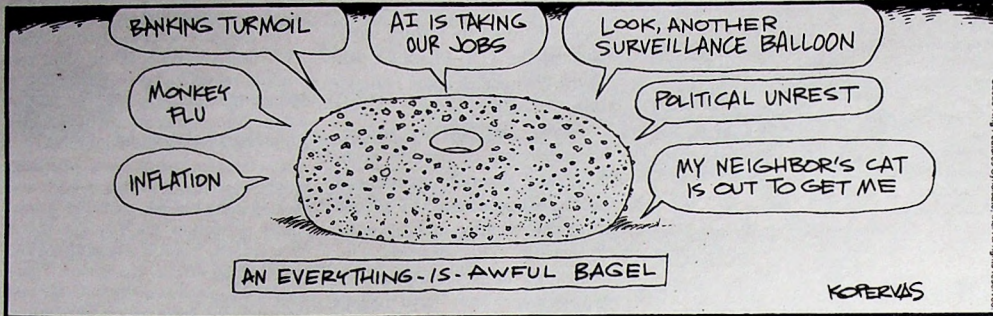
Amber Waves



by Dave T. Phipps

Out on a Limb

by Gary Kopervas



Americanisms

"A banker is a fellow who lends you his umbrella when the sun is shining, but wants it back the minute it begins to rain."
— Mark Twain

Just Like Cats & Dogs

by Dave T. Phipps



This Cat Clings Too Much

DEAR PAW'S CORNER:

My 6-year-old cat Ella has gotten very clingy lately. She was always fairly independent and preferred to lounge atop the sofa and watch the world outside the window. Now she refuses to do that. She runs to greet me at the door, meows nonstop until I feed her and then wants to climb into my lap the instant I sit down. She also begs to come into the bedroom and curl up at the end of the bed next to my feet. I know this sounds just darling, but it's unusual behavior from her. What's your advice? — Susan W., Burlington, Vermont

DEAR SUSAN: It's interesting that Ella's behavior has changed so noticeably, so fast. Has anything changed in the home environment, like you have a new work schedule,

or moved furniture around, or added (or lost) a human family member?

Also, has anything about Ella's health changed? Does she have any underlying condition that might be getting worse? Check with the vet to be sure.

If neither environment nor health are the problem, you can try to enforce some rules to alter Ella's behavior.

— Boredom: Make sure you play with Ella more often each day. The clingy behavior may be a request for additional attention.

— Boundaries: Don't change feeding times just because Ella demands it. And don't let her into the bedroom if you don't want her there. Keep the door shut.

— Bribery: Well, not really bribes, but positive reinforcement. When Ella goes to her old lounging spot, reward her with praise or a treat. Don't give her treats when she's in your lap; instead, lead her away and give a treat to her elsewhere.

Send your tips, comments or questions to ask@pawscorner.com.

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WORD LADDERS

Can you go from VALUE to MINDS in 6 words?
Change one letter for each rung in the ladder.

VALUE

MINDS

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by Ryan A. Berenz

1. The Buffalo Braves, an NBA franchise from 1970-78, were a forerunner of what current NBA team?
2. On May 6, 1953, what pitcher for the St. Louis Browns threw a no-hitter in his first Major League start?
3. What Pro Football Hall of Fame defensive end helped the Baltimore Colts win NFL championships in 1958-59 and has his No. 89 retired by the Indianapolis Colts?
4. Name the German Formula One driver who was killed -- along with 15 spectators -- in a horrific crash at the 1961 Italian Grand Prix.
5. What team did Basketball Hall of Fame coach Dr. Jack Ramsay lead to the 1977 NBA championship?
6. What activist and writer cofounded the Institute for the Study of Sport and Society in 1970 and authored the book "The Athletic Revolution" in 1971?
7. Name the manager who guided the Toronto Blue Jays to consecutive World Series titles in 1992-93.

Answers

1. The Los Angeles Clippers.
2. Bobo Holloman.
3. Gino Marchetti.
4. Wolfgang von Trips.
5. The Portland Trail Blazers.
6. Jack Scott.
7. Cito Gaston.

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WORD LADDER

Answer

MINDS, MENDS, MENS

VALUE, VENUE, VENU

SCRAMBLERS

solution

SITTER

Today's Word

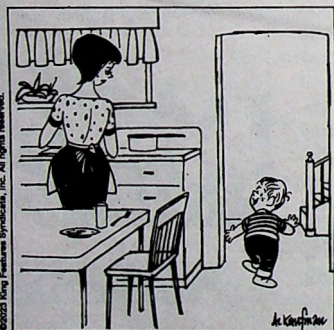
3. Inert; 4. Insure
1. Grace 2. Staid

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Poise				
CAGER				
Sedate				
ITSAD				
Idle				
IRENT				
Shield				
RUINES				

TODAY'S WORD

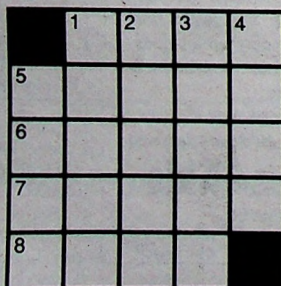


"I'm going in for a nap. I want plenty of energy when the _____ comes tonight."

Micro Crossword By Elizabeth C. Gorski

Across

- 1 Lomond or Ness
- 5 "Watermelon Sugar" singer Styles
- 6 Ruin, slangily
- 7 Wall Street transaction
- 8 Spinning barn ornament



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Down

- 1 Emmy-winning "Ozark" actress Linney
- 2 Money expert Suze
- 3 Needing refinement
- 4 Glitzy publicity
- 5 "Million Dollar Rooms" channel

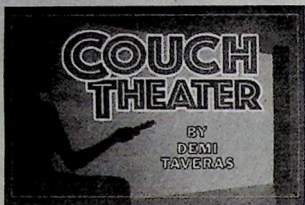
STREAMING SOURCE

Here's what to watch and where to watch it for the week of June 12, 2023

- ON NOW: "Flamin' Hot" (Season 1) — Hulu
(PG-13) — Disney+ and Hulu
ON NOW: "The Boys" (Season 3) — Amazon Prime Video
12-June: "The Afterparty" (Season 2) — AppleTV+
13-June: "Amy Schumer: Emergency Contact" (Stand-Up Comedy) — Netflix
14-June: "The Full Monty"

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MORE SUN FUN



"Avatar: The Way of Water" (PG-13) — James Cameron's latest blockbuster reaches Disney's streaming service on June 7, after bringing home \$2.3 billion at the box office. As the sequel to Cameron's 2009 film, "The Way of Water" takes place 16 years after Jake Sully (Sam Worthington) became part of the Na'vi, where he is now the chief and raises a family alongside his mate, Neytiri (Zoe Saldana). But the Resources Development Administration is as determined as ever to colonize Pandora, so Jake and his family are forced to move away from their home toward the reef people, where they learn the way of water. If you thought the first film was visually appealing, the special effects of the second film will blow your mind. (Disney+)

"The Idol" (TV-MA) — "Euphoria" creator Sam Levinson continues to push the envelope when it comes to his shows. "The Idol," his latest project, focuses on pop star Jocelyn (Lily-Rose Depp) following a nervous breakdown that put her career on halt. Jocelyn meets modern-day cult leader Tedros (Abel Tesfaye), who ignites the fire inside her to get her career pumping again. This project, however, hasn't had the smoothest start. After the original director, Amy Seimetz, exited the show, Levinson took over and implemented Tesfaye's critiques that the show was "leaning too much into a female perspective." Following its premiere at the Cannes Film Festival, critics have called the show perverse, toxic and regressive. The first episode is out now on streaming for you to decide for yourself. (Max)

"Shooting Stars" (PG-13) — Based on the 2009 book about LeBron James' beginnings in basketball, this film centers on James and three of his best friends who've been playing basketball together since they were kids. Even though the boys play for their own reasons, the love of the game and the love for their "Fab Four" unite them. So, when their coach threatens to separate them, they collectively decide to switch to a Catholic school to remain together. But this transfer comes with great obstacles that could tear the Fab Four apart on their way to securing a championship for their new school. "Stranger Things" star Caleb McLaughlin stars in this sports biopic out now. (Peacock)



Courtesy of Max

Lily-Rose Depp and Abel Tesfaye star in "The Idol."

"Flamin' Hot" (PG-13) — Eva Longoria makes her feature film directorial debut with quite the savory tale — the origin story of a cherished snack called Flamin' Hot Cheetos. Richard Montanez gets a new job as a Frito-Lay janitor, but he quickly learns that his factory could close because Frito-Lay isn't producing enough orders. Then, one day, an idea comes to him. What Frito-Lay needed was a spicy chip, a snack that the underrecognized Hispanic population could really enjoy. The rest is finger-lickin' history. Jesse Garcia, Dennis Haysbert, Tony Shalhoub and Matt Walsh star in this biographical comedy-drama out on June 9. (Hulu)

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Contract Bridge

THE BETTER WAY

North dealer.

Both sides vulnerable.

NORTH

♠ A J 7 2

♥ 8 6

♦ A J 9 2

♣ K 3 2

WEST

♠ 9

♥ A Q 4 3

♦ 8 6 5 4

♣ 10 9 7 5

EAST

♠ 6 4

♥ 9 7 5 2

♦ Q 7

♣ J 8 6 4

SOUTH

♠ K Q 10 8 5 3

♥ K J 10

♦ K 10 3

♣ A

The bidding:

North	East	South	West
1♦	Pass	1♠	Pass
2♠	Pass	4NT	Pass
5♥	Pass	6♠	

Opening lead — ten of clubs.

Looking only at the North-South hands, you can see that six spades is unbeatable regardless of how the opposing cards are divided, provided that — and this is a big proviso — declarer knows which opponent has the queen of diamonds. In that case, declarer can collect six spade tricks, two clubs and four diamonds (by means of a finesse or a drop) to make the slam.

But in real life, the location of the crucial queen is not known to declarer. If

he stakes everything on the diamond finesse and misguesses which opponent has the queen, he goes down, since at least one heart trick must be lost.

An alternative line of play is for declarer to avoid the diamond guess altogether by discarding his third diamond on the king of clubs. But as he gets rid of one headache, he acquires another, since he might then lose two heart tricks.

There is, however, a reasonable chance of avoiding two heart losers if the latter approach is adopted. If East has the A-Q, only one heart can be lost. If the heart honors are split, declarer will have to guess whether to play the jack or king when he leads a heart toward his hand. This is essentially a 50-50 proposition. Of course, if West has both honors, declarer has no chance on this line of play.

There is no sure way to guarantee 12 tricks, but the best chance, percentage-wise, is to draw trump and cash the K-A of diamonds, hoping to drop the queen, roughly a 1-in-5 proposition. This works in the actual deal, and the slam is home.

If the queen does not appear when the K-A are played, declarer can discard his remaining diamond on the king of clubs and then tackle the hearts. In this way, South gives himself two chances to make the slam instead of just one.

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by Steve Becker

Puzzles4Kids

by Helene Hovanec

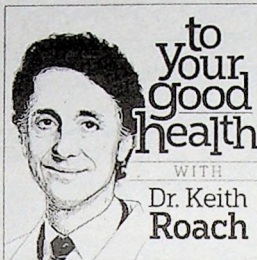
WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHAT SHOULD YOU GROW IN A SCHOOL GARDEN?

SHINER	—	SIREN	WOBBLE	—	ELBOW
DURING	—	GRIND	RACKET	—	TRACK
MESHED	—	HEEDS	REASON	—	SNORE
APPEAR	—	PAPER	PONCHO	—	POOCH
BINDER	—	BRIDE	SALONS	—	LOANS

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Do Companies Advertise Ineffective Supplements?

DEAR DR. ROACH: I see supplements advertised on television that are supposed to clear "brain fog" and do many other beneficial things. Are these any good, and can they actually do the things that they claim? If they are effective, why aren't they sold at drug stores? If not, how is it that companies are allowed to make these false claims and advertise these supplements on television? — J.L.P.

ANSWER: I believe that there are over-the-counter supplements that are effective for treating some medical conditions, and there are a few instances in which there is strong evidence of benefit, such as a vitamin and mineral formula to slow progression of macular degeneration. Very often, there isn't enough data to be sure a supplement is either effective or ineffective.

It is certainly true that supplement companies sometimes make claims that they cannot support. By law, supplement advertising can claim to support a body part or function (which is why you see claims like "supports heart health"), but these claims must be followed by: "This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease."

Often, the advertising for a supplement is at odds with that statement, and there are many instances of supplement manufacturers having to pay fines or change their advertising. A supplement that is found to be unsafe can be removed from the market by the FDA. In addition, any substance can be toxic if taken at a high enough dose. Vitamin A supplements are a good example.

The U.S. FDA does not regulate supplements the way they do prescription drugs, and supplement manufacturers do not need to prove that their products are effective. Further, there is strong evidence that some supplements sold in the U.S. do not contain as much (or any!) of the supplement they claim to provide. I always recommend getting a supplement

that is verified by a third party, such as the U.S. Pharmacopeia or the National Science Foundation, if possible.

There are very few supplements proven to prevent problems, so I generally recommend against supplements in people who are healthy and have no symptoms. This definitely includes vitamin supplements. Supplements may have benefit in relieving symptoms for some less-serious medical conditions, and physicians should be (or get) familiar with more common supplements, their potential benefits and their toxicities.

DEAR DR. ROACH: I read your recent article on lichen planus. I have suffered with this for over two years. After doing a lot of research, I found that many people, like me, have diabetes. Nothing helped it, and the last treatment was too dangerous for me, although it did help me to lose 35 pounds and my sugar levels are now healthy. I understand that I can never get rid of lichen planus and that it's just in remission now. — N.T.

ANSWER: Most studies show that people with diabetes are somewhat more likely to develop lichen planus (an itchy skin condition). About 1.5% of people with diabetes will develop lichen planus, compared to 0.75% of people without diabetes.

Unfortunately, I could not confirm that either weight loss or better diabetes control improves the symptoms of lichen planus. Sometimes lichen planus becomes inactive on its own. However, there are many good reasons to keep diabetes under control, and I am publishing your letter in the hope that it helps someone else.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Puzzles4Kids

Answer

SNOW	S	SNOWS
HOOD	N	HOONOD
POOCH	A	NOSEAR
REONS	E	RACKET
TRACK	B	WOBLE
WOBLE		
BRIDE	N	BINDER
PAPER	A	APPEAR
SEEDS	M	MESHED
GRIND	U	DURING
SIREN	H	SHINER

SENIOR NEWS LINE

by Matilda Charles

Tips and Fees Eating Into Our Money

Just when so many of us are struggling financially with the rising cost of everything, along comes yet another way to separate us from our dollars: Many businesses are now charging a fee to return items we've purchased online from them.

I'm not going to name names or point fingers here, but know that it's the big name companies that are doing this.

The return fees seem to range from \$5 to nearly \$10 per return. And you don't have much choice, because they already have your money (from when you paid for the item) and will neatly deduct their fee from your refund.

So, beware what you purchase online. Try to be sure that you'll want to keep it. And check your state's consumer protection office to see if it's even legal to charge a restocking fee (www.usa.gov/state-consumer). There might be a question about whether you were notified at the time of purchase.

And it's not just online places that sell us items that want extra money from us; it's places where we actually go to pick things up, such as fast-food carryout locations when we grab up a cup of coffee on the way home. It's called "tip creeping," and it's spreading everywhere.

Be cautious when you check out with your credit card. In increasing numbers, the establishment might have an automatic tip amount selected, and if you click too quickly you could be saying yes.

I've even heard — and this is disturbing — that some people who do not tip are subjected to ugly comments from staff. Don't give in! Stand your ground. If you feel pushed to give a tip for carryout and don't wish to, then don't. Tip creeping is meant to make us feel guilty for not tipping.

What merchants will eventually figure out, if they make enough of us uncomfortable, is that we'll spend our dwindling dollars elsewhere ... or not spend them at all.

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1. Name the artist who wrote and released "The Happiest Girl in the Whole U.S.A."

2. Which artist released "You'll Never Find Another Love Like Mine"?

3. The video for which Boy George and Culture Club song was filmed aboard a riverboat?

4. Which duo wrote and released "She's Gone"?

5. Name the song that contains these lyrics: "I live my life the way. To keep you coming back to me. Everything I do is for you."

Answers

1. Donna Fargo, in 1972. A rumor, later denied, was that Fargo was sued by Disney for one specific line in the lyrics.

2. Lou Rawls, in 1976. The song opened up his career, ending up at the top of both the R&B and easy listening charts.

3. "Karma Chameleon," in 1983. It was filmed at Desborough Island near Surrey, England.

4. Daryl Hall and John Oates, in 1973.

5. "Quit Playing Games (with My Heart)," by the Backstreet Boys in 1996. When it began to rain during filming of the video, the boys took off their shirts and continued filming. MTV didn't want to air the video due to the shirt portion but relented after the phone-in responses on Total Request Live.

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Koch To Appoint Lt. Mark Kennedy New Police Chief

Mayor Thomas P. Koch announces he will appoint Quincy Police Lt. Mark P. Kennedy as the city's 18th police chief when current Chief Paul Keenan retires later this month.

Kennedy, a Squantum native and a 24-year veteran of the Quincy Police Department, scored the highest among four candidates for the chief's position in a Sole Assessment Center evaluation conducted by the city according to the regulations of the Massachusetts Civil Service Commission. The scores were certified by Civil Service on June 1.

"I say it quite often - we have the very best police department in the entire Commonwealth - and Lt. Kennedy has long been a great example of why I believe that. He loves the City, he knows the City, and he's dedicated most of his life



QUINCY POLICE LT. MARK P. KENNEDY will be appointed by Mayor Thomas Koch as the city's 18th police chief when current Chief Paul Keenan retires later this month.

Courtesy Photo

to making it a better place and keeping our community safe," said Mayor Koch. "I'm thrilled that Lt. Kennedy will be taking the helm following the past 16 years of extraordinary leadership of Chief Keenan."

Appointed to the Police Department in 1998, Kennedy has spent the last decade as both a sergeant and lieutenant in charge of various components of the Department's Special Operations Unit - which includes the motorcycle unit, the Crisis Negotiation Team and the department's tactical unit. In these roles, Kennedy was responsible for managing grant money, coordinating special events, and preparing and executing major operational and tactical plans.

Prior to that, he supervised patrol units as a Sergeant; and served as a detective in the Special In-

vestigative Unit, working on cases involving child abuse, elder abuse, sexual assault and juvenile crimes. He graduated Cum Laude with a law degree from New England School of Law in 2005.

"Lt. Kennedy is very well-respected both within the community and by the members of this department. He is an excellent leader, and I think the men and women of the department and our residents will be incredibly well served," said Chief Keenan.

Kennedy, 47, holds a litany of professional certifications, including from the U.S. Drug Enforcement Administration Drug Unit Commanders Academy in Quantico, Virginia. He was a long-time Treasurer of the Quincy Police Superior Officers' Association, where he helped lead contract

negotiations and managed employee discipline issues. He was elected by his peers throughout Greater Boston to serve as Chairman of the Subcommittee on Safety and Security for the Metro Boston Urban Area Security Initiative, and he's also served as President of the Quincy Police Mutual Aid Association.

Kennedy grew up in Squantum and lived there for more than 40 years. He is married and has four children.

"It's an honor to have the opportunity to work with the men and women of the Quincy Police Department to keep us moving forward and to work on behalf of the people of this great City. I love Quincy very much, and I am going to everything I can to ensure we remain the safe community we've always been," said Kennedy.

Police Chief Paul Keenan Retiring This Month

Cont'd From Page 22

respects us and appreciates us.

"We do community policing, we do academies. For the first time ever, we're doing a student police academy in the summer, a couple of weeks in the summer. We do the DARE camps.

"We're pretty well invested in the community and I think that helps with our image and getting to know the community a little better and having them trust us more."

Keenan said the department is in good shape as he prepares to leave. Staffing is at the highest level it has been in decades - though Keenan, a pair of captains and several patrol officers will be retiring in the near future - and work on the city's new public safety headquarters is underway.

"I think the department is in an excellent place.

I'm very, very comfortable turning the reins over to the next person in line. I think it's going to be a seamless transition and I think we're operating on all cylinders," Keenan said. "I think we're in a very good place to go forward. I think it's a good time to pass the baton to the next officer, to the next chief, and I think he'll be well positioned.

"The fleet is in good shape. The manpower is in good shape, the man and womanpower. We're fully staffed for the most part. Everything is going well and we're in the process of building a brand new police station, so I think whoever the next chief is is going to enjoy that opportunity. He'll have some say on what goes on and what goes in the police station. I think it will be exciting for the next chief to be able to cut the ribbon on a new station and move in. This station has really seen

its day, and it's been around for however many years, way too long.

"I've seen the plans, I was involved in some of the plans for the new station, and it's going to be really nice. It's going to be a show place. I think these younger kids are really going to enjoy the opportunity to work in a brand-new building, all new technology and new equipment, so I think we're really in a good place."

After he retires, Keenan said he plans to travel some and will decide in a few months whether he wants to work on a part-time basis.

"I've got some travel plans. I've got three or four trips planned. I own a house up in southern Maine and I'll bounce back and forth and not have to rush back at 4 or 5 o'clock in the morning on a Monday to get back to work. Now I can stay up there a little longer. I'll do some traveling and I'll keep

busy," Keenan said.

"I haven't really researched any plans yet for work. I've had a couple of opportunities I could do but nothing I really want to jump into yet. I figure I'll take some time off, maybe six months off and reassess. If I find myself bored in the winter maybe I'll do something. I don't want to work full-time again, but maybe some consulting or on-call stuff, things like that."

Keenan said he would miss working with the men and women of the department on a daily basis.

"The job, it's a tough job. It's 24-7 and I never minded doing it, but I think I'm ready to pass that on to the next guy, but a lot of the good people that I've met here I think I'll miss a lot," he said. "We've got some great people that work here."

"I'm really going to miss the job. I've really loved it,"

he added later on in the interview. "I've been blessed to be able to serve the citizens of Quincy and it's a great community to live in and work in. They've always been supportive."

Keenan said he also been blessed to have a good relationship with the city's elected officials.

"You were at the City Council meeting, they were very supportive. I've always had a great relationship with them. I've always had a tremendous working relationship with the mayor. I'm very thankful for that," he said. "A lot of chiefs don't have that opportunity, that luxury, to be able to get along well their political leaders and I've been blessed as far as that goes."

Before he does retire, Keenan will be honored as the grand marshal of the 72nd annual Quincy Flag

Day Parade, which will be held this Saturday starting at 7 p.m. Keenan said that will be a special moment for him.

"It is kind of special because I grew up in the city and in my 40 years, I don't think I've missed very many parades at all for both the Christmas parade and the Flag Day parade. I think it's a great event for the city and I'm looking forward to it," he said.

"I've never actually seen the parade. Before I was chief, I would march with the honor guard every year and then since I've been chief I've marched with the honor guard, so then when we get to the end of the parade we march up the hill to get to ready for the ceremony and the fireworks. I never get to see it. I'm kind of looking forward to seeing it this year."

NQ High School's JROTC Academic Team Heads To The National Academic Bowl Championship In Washington, D.C.

North Quincy High School's JROTC Academic Team composed of Diana Dang, Janice Lin, Jason Lin, and Ethan Liu will compete in a national championship event in Washington, D.C. later this month.

The 2023 JROTC Academic Bowl Championship is held on the campus of The Catholic University of America, June 23-27. This event is sponsored by the U.S. Air Force JROTC and is conducted by the College

Options Foundation.

North Quincy High School's JROTC Academic team earned top scores out of the 630 Air Force JROTC academic teams that competed from around the world. The team is one of only 16 Air Force JROTC Academic Bowl teams in the nation to advance to the final competition, which includes an all-expense paid trip to Washington, DC.

During the two fast-

paced preliminary rounds and the final competitions, cadets are tested on their knowledge of core curriculum such as math, science, and language arts as well as current events, citizenship, leadership skills, and financial literacy. The financial literacy videos are sponsored by the USAA Educational Foundation and provided to all cadets. Questions from the videos were included in Levels I and II

of the online competition.

The JROTC Academic Bowl is a nationally recognized competition created exclusively for JROTC students. By participating, cadets learn the values of citizenship, academic competition, and college opportunity. The competition creates tremendous opportunities for JROTC cadets by allowing them to demonstrate leadership and academic abilities.



Rich Kennedy: Embodying Hope, Progress For ALS Cure

Cont'd From Page 4

"I started treatment with that medication and gradually more and more aggressive experimental type things. I started biking again and my legs started getting stronger and further along I started running again up hills. I am too stubborn to quit and gradually I got better and better and better. From running up hills I was able to run down hills and flats.

"I'm a physical therapist treating myself and I've worked hard to regain my balance and my strength. It is phenomenal. I am still alive and I am doing much better right now."

A veteran marathoner, Rich ran the Boston Marathon in 2022 in 4 hours 8 minutes. "It was the slowest time I've ever done but the hardest I've ever worked for it," he says.

As he crossed the finish line a beaming Rich held a sign triumphantly over his head that read: "Thank you Dr. Brown."

Rich had hoped to run the marathon again this year but "I was not quite there. I'll be back though."

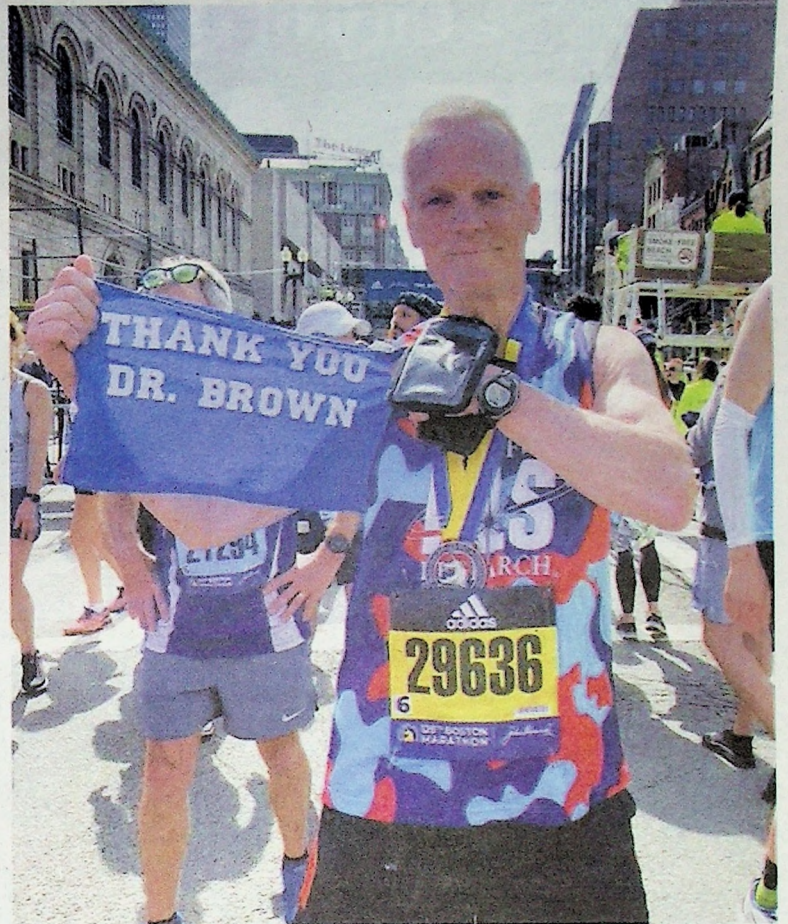
Asked if he is amazed at the condition he is in now, Rich replies with an emphatic "yes" but quickly adds "I took all the right steps, followed my doctor's advice to the letter. I gained weight because fat is a great insulator for nerve cells and neurons. . . I gained 30 pounds. I knew it was all positive so that's what I did.

"The best thing he ever told me was by doing spinal taps and analyzing my cerebral spinal fluid they can tell the status of the disease. I was off the chart. I was so high. But I watched them come down, down, down and use that as my own barometer. When I went down far enough I started biking, down a little further I started running. It's absolutely fantastic just to be able to do know that."

He brims with optimism about the prospect of finding a cure for ALS.

"Absolutely yes (find a cure). With each event we do, it spreads the word that much wider, that much faster . . . it breaks my heart when someone comes up to me and tells me they have lost two or three siblings. I know exactly what they are going through. But again they are glad to see something positive being done for this.

"I feel terrible for the people who have lost just one sibling because the sporadic ALS which is 90 percent of all cases we are not there yet. It's harder to look at that because with me they are looking at one single



RICH KENNEDY (photo left), diagnosed with ALS in 2016, triumphantly crosses the finish line of the Boston Marathon in 2022 with a clear thank you to his doctor, renowned neurologist Dr. Robert Brown. Above: Rich proudly holds the thank you for all to see on Boylston Street near the marathon finish line.

Courtesy Photos

gene and working on that trying to stop that from producing the toxins which kill the nerve cells. With sporadic that they don't know what it is.

"They are shooting at several different targets but we are getting there. They are spending a lot more time in research on sporadic because of that 90 percent (cases) number. The drug companies involved with us are hoping to find that cure because the key to ALS will be the key to Huntington's Disease, to Parkinson's Disease and to hopefully one day to Alzheimer's Disease also.

"We are not there yet, we have a lot of work to do but that's why we keep doing what we are doing."

Looking towards the future, Rich says the Angel Fund and ALS research is on track to make more significant strides.

"The Angel Fund should raise a million dollars this year. All of the events are coming back up to full speed again. The Angel Fund is in great hands that's gonna move straight forward.

"The research is in better hands," he continues. "There's more and more people getting involved with this. More and more dollars being spent on it. The drug companies are working on their own projects but now they are paying attention to it.

"In the past with 5,000 new cases of ALS in this

country per year no one took it too seriously. I saw from the very beginning how terribly underfunded it was and decided we have to do something about that. Seeing my brother Jimmy die with no alternative it's the hardest thing I've ever done."

As for his own battle, Rich - who works as a teacher at his alma mater, North Quincy High School as well as Quincy College today - says he sticking with the same regimen he's on now. He's eyeing a return run of the Boston Marathon next spring.

"We had an 18 month delay in the treatment and I watched myself get worse and worse and worse but I'm back. Treatment is back on once again and it's working once again. In the beginning treatment was once a month, gradually it became every once three months then once every four months then it ground to a halt. Complications we did not foresee but 18 months later I was back on it once again and I've had two treatments since then and getting much better. That's why I'm hopeful to run the Boston Marathon next year."

He knows he's been more fortunate than most ALS patients.

"It's heartbreaking the number of patients who I've treated, it's just awful to tell them physical therapy wouldn't cure them; it may make you a little more comfortable, it may prolong

things just a little bit but unfortunately they are all looking at the same end result. I'm the lucky one who just has got every possible break. It really helped me to be in great shape to begin with and to start treatment as early as I did."

He is confident a cure for ALS will someday be found.

"Without any question. Since I was diagnosed I've had two grandchildren born and another on the way in June. All of that just keeps me alive. My four kids I absolutely live for them. The thought two of them might come down with the same gene and have a horrible fate of ALS that I have seen over and over again I'd do anything to prevent that. They are encouraged to see how well I am doing."

Rich and his wife Wendy live in Cohasset. They have four adult children ages 35, 33, 29 and 27. Two have tested negative for the gene. The other two have not been tested yet.

"We are hoping to go four for four," Rich says.

Rich and Wendy have been married 36 years.

She is his rock.

"She's been with me for this whole ride from the beginning of the charity to my diagnosis. She's been phenomenal," he says.

Rich says finding a cure is moving in the right direction albeit the progress is not as quick as he would like.



RICH KENNEDY shares a moment with his doctor, Dr. Robert Brown whom he calls "my hero." Rich credits Dr. Brown with his care as a patient as well as research progress towards finding a cure for ALS. "It's incredible how much has happened, how much has benefited me, how much is going on and how many more people are now involved with it. It's just incredible," Rich says.

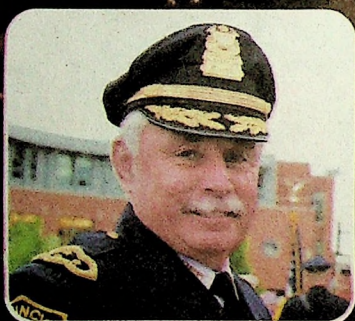
"We are moving in the right direction but not fast enough. I hate to see someone newly diagnosed looking at a bleak future. I spend so much time now visiting newly diagnosed patients simply on my own just to bring them optimism, let them see someone who was diagnosed seven years doing this well. Tell them this is

what the future holds so just hang on as long as you can. It's terrible to see someone really young - someone, in their 20s, it's not common."

"Having the drug companies involved now makes an enormous difference because they've got all kinds of money. . . . But for the moment we are on our own but I am terribly optimistic."

City of Quincy's 72nd Annual **FLAG DAY**

Saturday, June 10, 2023 ★ 7:00 p.m.



**Chief Paul Keenan
GRAND MARSHAL**



**Michelle Stenberg
RICHARD J. AND SIMONE N. KOCH
YOUTH SERVICE AWARD WINNER**

PARADE

7:00 p.m.

Featuring bands, floats and specialty units

Steps off at the intersection of Coddington and Washington Street. It will head north up Hancock Street and turn into Merrymount Park on Merrymount Parkway before wrapping up at Adams Field.

FLAG RAISING CEREMONY

8:00 p.m.

Featuring patriotic songs honoring our service members, the flag and our country at Pageant Field.

FIREWORKS DISPLAY

9:00 p.m.

**Over Black's Creek
Fireworks Display by
Quirk Auto Dealerships**

